



35. Alteburglauf
 Arnstadt / 03.05.2013

Detailed evaluation

Zinzow, Steffen

Total time: 46:43

Club: Förderverein Hochsprung mit Musik e.V. Arnstadt
 Number: 207

Speed: 12.84 km/h

Running performance: 4:40 min/km

Course: 10.00 km

Rank in course/Total: 47 (of 114)

Hauptlauf

Rank in course/Men: 44 (of 95)

Best time in course: 36:06

Category:

Rank in category: 4(of 9)

Senioren M45 (45-49 Jahre)

Best time in the category: 44:36

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	2.30	10:02	4:21	4	0:34	44	2:16	2.30	10:02	4:21	4	0:34	77		
Lap 2	3.80	19:06	5:01	4	0:52	40	4:28	6.10	29:08	4:46	4	1:26	77		
Last lap Finish	3.90	17:35	4:30	4	0:53	47	4:13	10.00	46:43	4:40	4	2:07	44	10:37	