



35. Alteburglauf  
Arnstadt / 03.05.2013

Detailed evaluation

Jänke, Ric

Club: Spowis Jena  
Number: 153

Course: 10.00 km  
Hauptlauf

Category:  
Männer (20-29 Jahre)

Total time: 47:20

Speed: 12.68 km/h  
Running performance: 4:44 min/km

Rank in course/Total: 51 (of 114)

Rank in course/Men: 46 (of 95)

Best time in course: 36:06

Rank in category: 9(of 13)

Best time in the category: 36:06

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	10:31	4:34	9	2:45	56	2:45	2.30	10:31	4:34	9	2:45	74		
Lap 2	3.80	19:14	5:03	8	4:21	42	4:36	6.10	29:45	4:52	9	7:06	74		
Last lap Finish	3.90	17:35	4:30	10	4:08	47	4:13	10.00	47:20	4:44	9	11:14	46	11:14	