



35. Alteburglauf
Arnstadt / 03.05.2013

Detailed evaluation

Spranger, Steffen

Club: 70HO Stüba
Number: 246

Course: 10.00 km
Hauptlauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 48:41

Speed: 12.32 km/h
Running performance: 4:52 min/km

Rank in course/Total: 65 (of 114)

Rank in course/Men: 58 (of 95)

Best time in course: 36:06

Rank in category: 9(of 18)

Best time in the category: 40:15

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	10:08	4:24	8	1:38	46	2:22	2.30	10:08	4:24	11			7	
Lap 2	3.80	20:25	5:22	10	4:03	62	5:47	6.10	30:33	5:00	11			15	
Last lap Finish	3.90	18:08	4:38	9	2:57	56	4:46	10.00	48:41	4:52	9	8:26		58	12:35