



35. Alteburglauf  
 Arnstadt / 03.05.2013

Detailed evaluation

Esche, Sebastian

Club: Arnstadt  
 Number: 139

Course: 10.00 km  
 Hauptlauf

Category:  
 Senioren M30 (30-34 Jahre)

Total time: 49:41

Speed: 12.08 km/h  
 Running performance: 4:58 min/km

Rank in course/Total: 71 (of 114)

Rank in course/Men: 63 (of 95)

Best time in course: 36:06

Rank in category: 7(of 11)

Best time in the category: 38:19

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	11:05	4:49	8	2:57	71	3:19	2.30	11:05	4:49	7	2:54	10	0:20
Lap 2	3.80	20:04	5:16	7	4:35	58	5:26	6.10	31:09	5:06	7	7:29	10	0:26
Last lap Finish	3.90	18:32	4:45	7	3:53	62	5:10	10.00	49:41	4:58	7	11:22	63	13:35