



35. Alteburglauf
Arnstadt / 03.05.2013

Detailed evaluation

Respondek, Steffen

Club: Wachsenburggemeinde
Number: 178

Course: 10.00 km
Hauptlauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 50:25

Speed: 11.90 km/h
Running performance: 5:02 min/km

Rank in course/Total: 75 (of 114)

Rank in course/Men: 66 (of 95)

Best time in course: 36:06

Rank in category: 12(of 13)

Best time in the category: 42:35

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	7	0:58	46	2:22	2.30	10:08	4:24	12	0:50	7	
Lap 2	3.80	20:38	5:25	11	3:16	66	6:00	6.10	30:46	5:02	12	4:06	7	0:03
Last lap Finish	3.90	19:39	5:02	12	3:50	73	6:17	10.00	50:25	5:02	12	7:50	66	14:19