



35. Alteburglauf
 Arnstadt / 03.05.2013

Detailed evaluation

Brandt, Sebastian

Club: Fitness Oase
 Number: 296

Course: 10.00 km
 Hauptlauf

Category:
 Senioren M30 (30-34 Jahre)

Total time: 53:58

Speed: 11.12 km/h
 Running performance: 5:24 min/km

Rank in course/Total: 90 (of 114)

Rank in course/Men: 80 (of 95)

Best time in course: 36:06

Rank in category: 10(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	10:43	4:39	7	2:35	63	2:57	2.30	10:43	4:39	9	2:32	18	
Lap 2	3.80	23:02	6:03	10	7:33	86	8:24	6.10	33:45	5:31	9	10:05	43	3:02
Last lap Finish	3.90	20:13	5:11	10	5:34	80	6:51	10.00	53:58	5:23	10	15:39	80	17:52