



34. Wartburglauf  
Eisenach / 29.09.2013

## Detailed evaluation

**Spranger, Steffen**

Club: Joho Stützerbach  
Number: 255

Course: 12.50 km  
Hauptlauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 59:34

Speed: 12.59 km/h  
Running performance: 4:46 min/km

Rank in course/Total: 86 (of 254)

Rank in course/Men: 77 (of 186)

Best time in course: 45:36

Rank in category: 16(of 26)

Best time in the category: 45:46