

1.2M tokens
105 minutes

VS

200k tokens
20 minutes

02

A PRACTICAL TEST

Chase Levin compared **GSD**, **Superpowers**, and **vanilla Claude Code**.

Heavy orchestration layers versus the lightest
baseline system.

03

THE OUTCOME

The lightest setup was faster, cheaper, and much closer in quality than expected.

The gap in output was smaller than the gap in time and token cost.

**More structure does not
automatically mean
better results.**

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The Builder's Dispatch

Engineering, AI, and Technical Leadership. Fresh perspectives, shipped on a schedule.



Sebastian Breitzke

ENGINEERING LEADER & BUILDER

"Building for reality—the edge cases, the chaos, the Monday mornings."

Pragmatic solutions for messy reality. I build things that work in the real world, not just in demos.

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→ SPEC THEATER IN ACTION →



Sebastian Breitzke • 16. April 2026

Adaptive Systems, Not Spec Theater



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06

THE HIDDEN COST

Structure costs **time,
tokens, attention,
and feedback
speed.**

If it does not clearly earn that cost, it stops being system design and starts becoming theater.

07

ANTHROPIC'S HINT

Poor agent results often come from **too much steering, not too little.**

Too many instructions. Too many constraints.
Too much early railroading.

**The agent gets less
orientation and less
room to solve.**

GERMAN HAS A WORD FOR THE RIGHT KIND OF STRUCTURE

Leitplanke

/ˈlaɪtˌplʌŋkə/

Guardrail – structure that guides without dictating every move.

10

THE DEEPER POINT

AI does not decide.
It opens the space.

The real leverage is seeing guidance quickly, validating outputs quickly, and steering quickly.

Adaptive systems > permanent ceremony

SAVE THIS FOR YOUR NEXT AGENT WORKFLOW DISCUSSION.

s16e.de/leitplanke