



42. Alteburglauf  
 Arnstadt / 10.09.2021

Detailed evaluation

**Pahn, Ingrid**

Club: ZahnPAHN.de  
 Number: 438

Course: 21.10 km  
 Halbmarathon

Category:  
 Seniorinnen W55 (55-59 Jahre)

Total time: 2:14:22

Speed: 9.38 km/h  
 Running performance: 6:22 min/km

Rank in course/Total: 9 (of 11)  
 Rank in course/Women: 2 (of 2)  
 Best time in course: 2:00:04

Rank in category: 1(of 1)  
 Best time in the category: 2:14:22

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Wendestelle	10.40	1:04:25	6:11	1	-	2	6:17	10.40	1:04:25	6:11	1	-	2	6:17
Alteburg-Turm	10.70	1:09:57	6:32	1	-	2	8:01	21.10	2:14:22	6:22	1	-	2	14:18