



42. Alteburglauf
Arnstadt / 10.09.2021

Detailed evaluation

Röder, Stefan

Club: RSV Adler Arnstadt e.V.
Number: 440

Course: 21.10 km
Halbmarathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:44:09

Speed: 12.10 km/h
Running performance: 4:56 min/km

Rank in course/Total: 3 (of 11)

Rank in course/Men: 3 (of 9)

Best time in course: 1:33:48

Rank in category: 1(of 2)

Best time in the category: 1:44:09

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Wendestelle	10.40	50:04	4:48	1	-	2	3:32	10.40	50:04	4:48	1	-	2	3:32
Alteburg-Turm	10.70	54:05	5:03	1	-	3	6:49	21.10	1:44:09	4:56	1	-	2	10:21