



43. Alteburglauf  
 Arnstadt / 06.05.2022

Detailed evaluation

Holland-Moritz, Denny

Club: Rennsteiglaufverein  
 Number: 13

Course: 21.10 km  
 Halbmarathon

Category:  
 Senioren M35 (35-39 Jahre)

Total time: 1:26:29

Speed: 14.57 km/h  
 Running performance: 4:06 min/km

Rank in course/Total: 1 (of 32)

Rank in course/Men: 1 (of 29)

Best time in course: 1:26:29

Rank in category: 1(of 8)

Best time in the category: 1:26:29

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 | 42:20 | 4:04   | 1    | -      | 1   | -      | 10.40 | 42:20   | 4:04   | 1    | -      | 1   | -      |
| Alteburg-Turm | 10.70 | 44:09 | 4:07   | 2    | 19:44  | 2   | 19:44  | 21.10 | 1:26:29 | 4:05   | 1    | -      | 1   | -      |