



43. Alteburglauf
Arnstadt / 06.05.2022

Detailed evaluation

Knolle, Tobias

Club: Erfurt
Number: 33

Course: 21.10 km
Halbmarathon

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:35:33

Speed: 13.19 km/h
Running performance: 4:32 min/km

Rank in course/Total: 4 (of 32)

Rank in course/Men: 4 (of 29)

Best time in course: 1:26:29

Rank in category: 3(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	1:11:08	6:50	8	28:48	29	28:48	10.40	1:11:08	6:50	8	28:48	29	28:48
Alteburg-Turm	10.70	24:25	2:16	1	-	1	-	21.10	1:35:33	4:31	3	9:04	4	9:04