



43. Alteburglauf
Arnstadt / 06.05.2022

Detailed evaluation

Strunk, Thomas

Club: wernburg
Number: 34

Course: 21.10 km
Halbmarathon

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:43:08

Speed: 12.22 km/h
Running performance: 4:53 min/km

Rank in course/Total: 5 (of 32)

Rank in course/Men: 5 (of 29)

Best time in course: 1:26:29

Rank in category: 1(of 9)

Best time in the category: 1:43:08

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 | 51:14 | 4:55 | 1 | - | 5 | 8:54 | 10.40 | 51:14 | 4:55 | 1 | - | 5 | 8:54 |
| Alteburg-Turm | 10.70 | 51:54 | 4:51 | 2 | 0:30 | 6 | 27:29 | 21.10 | 1:43:08 | 4:53 | 1 | - | 5 | 16:39 |