



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: 12.28 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