



43. Alteburglauf
 Arnstadt / 06.05.2022

Detailed evaluation

Alte, Nico

Club: Gräfenroda
 Number: 1

Course: 21.10 km
 Halbmarathon

Category:
 Senioren M45 (45-49 Jahre)

Total time: 1:50:04

Speed: 11.45 km/h
 Running performance: 5:13 min/km

Rank in course/Total: 13 (of 32)

Rank in course/Men: 13 (of 29)

Best time in course: 1:26:29

Rank in category: 1(of 2)

Best time in the category: 1:50:04

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 | 52:44 | 5:04 | 1 | - | 11 | 10:24 | 10.40 | 52:44 | 5:04 | 1 | - | 11 | 10:24 |
| Alteburg-Turm | 10.70 | 57:20 | 5:21 | 1 | - | 14 | 32:55 | 21.10 | 1:50:04 | 5:12 | 1 | - | 13 | 23:35 |