



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: 11.50 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