



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 km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind 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