



43. Alteburglauf
 Arnstadt / 06.05.2022

Detailed evaluation

Reißland, Jens

Club: Arnstadt
 Number: 22

Course: 21.10 km
 Halbmarathon

Category:
 Senioren M35 (35-39 Jahre)

Total time: 1:51:44

Speed: 11.28 km/h
 Running performance: 5:18 min/km

Rank in course/Total: 15 (of 32)

Rank in course/Men: 15 (of 29)

Best time in course: 1:26:29

Rank in category: 7(of 8)

Best time in the category: 1:26:29

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 | 52:33 | 5:03 | 3 | 10:13 | 10 | 10:13 | 10.40 | 52:33 | 5:03 | 3 | 10:13 | 10 | 10:13 |
| Alteburg-Turm | 10.70 | 59:11 | 5:31 | 7 | 34:46 | 15 | 34:46 | 21.10 | 1:51:44 | 5:17 | 7 | 25:15 | 15 | 25:15 |