



43. Alteburglauf
 Arnstadt / 06.05.2022

Detailed evaluation

Wanke, Maik

Club: Arnstadt
 Number: 31

Course: 21.10 km
 Halbmarathon

Category:
 Senioren M40 (40-44 Jahre)

Total time: 1:53:14

Speed: 11.18 km/h
 Running performance: 5:22 min/km

Rank in course/Total: 16 (of 32)

Rank in course/Men: 16 (of 29)

Best time in course: 1:26:29

Rank in category: 3(of 3)

Best time in the category: 1:43:30

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	52:52	5:04	3	1:40	12	10:32	10.40	52:52	5:04	3	1:40	12	10:32
Alteburg-Turm	10.70	1:00:22	5:38	3	8:04	18	35:57	21.10	1:53:14	5:21	3	9:44	16	26:45