



43. Alteburglauf
Arnstadt / 06.05.2022

Detailed evaluation

Reif, Bernd

Club: Gotha
Number: 21

Course: 21.10 km
Halbmarathon

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:54:11

Speed: 11.09 km/h
Running performance: 5:25 min/km

Rank in course/Total: 17 (of 32)

Rank in course/Men: 17 (of 29)

Best time in course: 1:26:29

Rank in category: 5(of 9)

Best time in the category: 1:43:08

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	51:23	4:56	2	0:09	7	9:03	10.40	51:23	4:56	2	0:09	7	9:03
Alteburg-Turm	10.70	1:02:48	5:52	6	11:24	21	38:23	21.10	1:54:11	5:24	5	11:03	17	27:42