



43. Alteburglauf
Arnstadt / 06.05.2022

Detailed evaluation

Kretzschmar, Manfred

Club: Ichttershausen
Number: 17

Course: 21.10 km
Halbmarathon

Category:
Senioren M70 (70-74 Jahre)

Total time: 1:57:57

Speed: 10.73 km/h
Running performance: 5:35 min/km

Rank in course/Total: 18 (of 32)

Rank in course/Men: 18 (of 29)

Best time in course: 1:26:29

Rank in category: 1(of 1)

Best time in the category: 1:57:57

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	58:21	5:36	1	-	20	16:01	10.40	58:21	5:36	1	-	20	16:01
Alteburg-Turm	10.70	59:36	5:34	1	-	16	35:11	21.10	1:57:57	5:35	1	-	18	31:28