



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: 10.68 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 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	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