



43. Alteburglauf

Arnstadt / 06.05.2022

Detailed evaluation

Hummrich, Stefan

Club: Arnstadt
Number: 14

Course: 21.10 km
Halbmarathon

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:58:03

Speed: 10.72 km/h
Running performance: 5:35 min/km

Rank in course/Total: 19 (of 32)

Rank in course/Men: 19 (of 29)

Best time in course: 1:26:29

Rank in category: 2(of 2)

Best time in the category: 1:34:55

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	57:53	5:33	2	12:22	19	15:33	10.40	57:53	5:33	2	12:22	19	15:33
Alteburg-Turm	10.70	1:00:10	5:37	2	10:46	17	35:45	21.10	1:58:03	5:35	2	23:08	19	31:34