



43. Alteburglauf
 Arnstadt / 06.05.2022

Detailed evaluation

Lindenlaub, Ralf

Club: Die Flinken Gerataler
 Number: 18

Course: 21.10 km
 Halbmarathon

Category:
 Senioren M45 (45-49 Jahre)

Total time: 2:03:11

Speed: 10.28 km/h
 Running performance: 5:50 min/km

Rank in course/Total: 21 (of 32)

Rank in course/Men: 21 (of 29)

Best time in course: 1:26:29

Rank in category: 2(of 2)

Best time in the category: 1:50:04

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	55:42	5:21	2	2:58	17	13:22	10.40	55:42	5:21	2	2:58	17	13:22
Alteburg-Turm	10.70	1:07:29	6:18	2	10:09	24	43:04	21.10	2:03:11	5:50	2	13:07	21	36:42