



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: 10.23 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	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	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