



# 43. Alteburglauf

Arnstadt / 06.05.2022

## Detailed evaluation

**Jeß, Geralf**

Club: Ilmenau  
Number: 15

Course: 21.10 km  
Halbmarathon

Category:  
Senioren M50 (50-54 Jahre)

Total time: 2:03:50

Speed: 10.22 km/h  
Running performance: 5:52 min/km

Rank in course/Total: 23 (of 32)

Rank in course/Men: 23 (of 29)

Best time in course: 1:26:29

Rank in category: 7(of 9)

Best time in the category: 1:43:08

### 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	58:43	5:38	6	7:29	21	16:23	10.40	58:43	5:38	6	7:29	21	16:23
Alteburg-Turm	10.70	1:05:07	6:05	7	13:43	23	40:42	21.10	2:03:50	5:52	7	20:42	23	37:21