



43. Alteburglauf
Arnstadt / 06.05.2022

Detailed evaluation

Enders, Martin

Club: Lohmühle Aktiv
Number: 5

Course: 21.10 km
Halbmarathon

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:12:58

Speed: 9.48 km/h
Running performance: 6:18 min/km

Rank in course/Total: 26 (of 32)

Rank in course/Men: 25 (of 29)

Best time in course: 1:26:29

Rank in category: 8(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	1:01:26	5:54	7	10:12	23	19:06	10.40	1:01:26	5:54	7	10:12	23	19:06
Alteburg-Turm	10.70	1:11:32	6:41	8	20:08	26	47:07	21.10	2:12:58	6:18	8	29:50	25	46:29