



43. Alteburglauf
Arnstadt / 06.05.2022

Detailed evaluation

Hahnemann, Norbert

Club: SG Motor Arnstadt
Number: 11

Course: 21.10 km
Halbmarathon

Category:
Senioren M65 (65-69 Jahre)

Total time: 2:18:45

Speed: 9.08 km/h
Running performance: 6:35 min/km

Rank in course/Total: 28 (of 32)

Rank in course/Men: 27 (of 29)

Best time in course: 1:26:29

Rank in category: 1(of 2)

Best time in the category: 2:18:45

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 | 1:04:53 | 6:14 | 1 | - | 26 | 22:33 | 10.40 | 1:04:53 | 6:14 | 1 | - | 26 | 22:33 |
| Alteburg-Turm | 10.70 | 1:13:52 | 6:54 | 2 | 0:57 | 29 | 49:27 | 21.10 | 2:18:45 | 6:34 | 1 | - | 27 | 52:16 |