



43. Alteburglauf
Arnstadt / 06.05.2022

Detailed evaluation

Prasser, Niels

Club: SG Motor Arnstadt
Number: 20

Course: 21.10 km
Halbmarathon

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:20:51

Speed: 8.99 km/h
Running performance: 6:41 min/km

Rank in course/Total: 30 (of 32)

Rank in course/Men: 29 (of 29)

Best time in course: 1:26:29

Rank in category: 9(of 9)

Best time in the category: 1:43:08

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	1:07:52	6:31	9	16:38	28	25:32	10.40	1:07:52	6:31	9	16:38	28	25:32
Alteburg-Turm	10.70	1:12:59	6:49	9	21:35	28	48:34	21.10	2:20:51	6:40	9	37:43	29	54:22