



# 44. Alteburglauf

Arnstadt / 05.05.2023

## Detailed evaluation

Schulz, Sören

Club: Laufteam Erfurt  
Number: 370

Course: 21.00 km  
Halbmarathon

Category:  
Senioren M40 (40-44)

Total time: 1:31:35

Speed: 13.76 km/h  
Running performance: 4:22 min/km

Rank in course/Total: 1 (of 27)

Rank in course/Men: 1 (of 24)

Best time in course: 1:31:35

Rank in category: 1(of 6)

Best time in the category: 1:31:35

### Intermediate times

### Stage score

### Total ranking

| Control           | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |  |
|-------------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|--|
|                   |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |  |
| Lap 1             | 10.50       | 44:14         | 4:12            | 1           | -              | 1           | -             | 10.50         | 44:14         | 4:12            | 1           | -              | 1          | -             |  |
| Lap 2             | 10.40       | 46:59         | 4:31            | 1           | -              | 1           | -             | 20.90         | 1:31:13       | 4:21            | 1           | -              | 1          | -             |  |
| Last lap Alteburg | 0.10        | 0:22          | 3:39            | 2           | 0:03           | 2           | 0:03          | 21.00         | 1:31:35       | 4:21            | 1           | -              | 1          | -             |  |