



44. Alteburglauf  
Arnstadt / 05.05.2023

Detailed evaluation

Soppart, Daniel

Club: Stadtilm  
Number: 373

Course: 21.00 km  
Halbmarathon

Category:  
Senioren M40 (40-44)

Total time: 1:42:40

Speed: 12.27 km/h  
Running performance: 4:53 min/km

Rank in course/Total: 3 (of 27)

Rank in course/Men: 3 (of 24)

Best time in course: 1:31:35

Rank in category: 3(of 6)

Best time in the category: 1:31:35

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
Lap 1	10.50	49:56	4:45	3	5:42	3	5:42	10.50	49:56	4:45	3	5:42	3	5:42
Lap 2	10.40	52:25	5:02	3	5:26	4	5:26	20.90	1:42:21	4:53	3	11:08	3	11:08
Last lap Alteburg	0.10	0:19	3:09	1	-	1	-	21.00	1:42:40	4:53	3	11:05	3	11:05