



44. Alteburglauf
 Arnstadt / 05.05.2023

Detailed evaluation

Garz, Christian

Club: N3 Sportverein e.V.
 Number: 355

Course: 21.00 km
 Halbmarathon

Category:
 Senioren M40 (40-44)

Total time: 1:48:36

Speed: 11.60 km/h
 Running performance: 5:10 min/km

Rank in course/Total: 5 (of 27)

Rank in course/Men: 5 (of 24)

Best time in course: 1:31:35

Rank in category: 4(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	10.50	54:32	5:11	4	10:18	4	10:18	10.50	54:32	5:11	4	10:18	4	10:18
Lap 2	10.40	53:42	5:09	4	6:43	5	6:43	20.90	1:48:14	5:10	4	17:01	5	17:01
Last lap Alteburg	0.10	0:22	3:39	2	0:03	2	0:03	21.00	1:48:36	5:10	4	17:01	5	17:01