



44. Alteburglauf
 Arnstadt / 05.05.2023

Detailed evaluation

Kneise, Wolfram

Club: Langstrecke Arnstadt
 Number: 362

Course: 21.00 km
 Halbmarathon

Category:
 Senioren M35 (35-39)

Total time: 1:54:40

Speed: 10.99 km/h
 Running performance: 5:28 min/km

Rank in course/Total: 8 (of 27)

Rank in course/Men: 8 (of 24)

Best time in course: 1:31:35

Rank in category: 2(of 4)

Best time in the category: 1:52:28

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	55:05	5:14	3	0:33	9	10:51	10.50	55:05	5:14	3	0:33	9	10:51
Lap 2	10.40	59:03	5:40	2	1:30	11	12:04	20.90	1:54:08	5:27	2	2:03	8	22:55
Last lap Alteburg	0.10	0:32	5:19	3	0:09	17	0:13	21.00	1:54:40	5:27	2	2:12	8	23:05