



44. Alteburglauf

Arnstadt / 05.05.2023

Detailed evaluation

Lindenlaub, Ralf

Club: Die Flinken Gerataler
Number: 366

Course: 21.00 km
Halbmarathon

Category:
Senioren M45 (45-49)

Total time: 1:55:31

Speed: 10.91 km/h
Running performance: 5:30 min/km

Rank in course/Total: 9 (of 27)

Rank in course/Men: 9 (of 24)

Best time in course: 1:31:35

Rank in category: 1(of 3)

Best time in the category: 1:55:31

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	10.50	57:08	5:26	1	-	13	12:54	10.50	57:08	5:26	1	-	13	12:54
Lap 2	10.40	57:57	5:34	2	1:04	8	10:58	20.90	1:55:05	5:30	1	-	9	23:52
Last lap Alteburg	0.10	0:26	4:19	2	0:03	8	0:07	21.00	1:55:31	5:30	1	-	9	23:56