



44. Alteburglauf

Arnstadt / 05.05.2023

Detailed evaluation

Mölders, Martin

Club: Liberales Laufteam
Number: 368

Course: 21.00 km
Halbmarathon

Category:
Senioren M65 (65-69)

Total time: 1:55:38

Speed: 10.90 km/h
Running performance: 5:31 min/km

Rank in course/Total: 10 (of 27)

Rank in course/Men: 10 (of 24)

Best time in course: 1:31:35

Rank in category: 1(of 2)

Best time in the category: 1:55:38

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	56:52	5:24	1	-	12	12:38	10.50	56:52	5:24	1	-	12	12:38
Lap 2	10.40	58:18	5:36	1	-	9	11:19	20.90	1:55:10	5:30	1	-	10	23:57
Last lap Alteburg	0.10	0:28	4:39	1	-	12	0:09	21.00	1:55:38	5:30	1	-	10	24:03