



44. Alteburglauf  
 Arnstadt / 05.05.2023

Detailed evaluation

Krüger, Thomas

Club: N3 Sportverein e.V.  
 Number: 364

Course: 21.00 km  
 Halbmarathon

Category:  
 Senioren M35 (35-39)

Total time: 1:55:53

Speed: 10.87 km/h  
 Running performance: 5:31 min/km

Rank in course/Total: 11 (of 27)

Rank in course/Men: 11 (of 24)

Best time in course: 1:31:35

Rank in category: 3(of 4)

Best time in the category: 1:52:28

Intermediate times

Stage score

Total ranking

| Control           | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|-------------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                   |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Lap 1             | 10.50       | 54:39         | 5:12            | 2           | 0:07           | 7           | 10:25         | 10.50         | 54:39         | 5:12            | 2           | 0:07           | 7          | 10:25         |
| Lap 2             | 10.40       | 1:00:46       | 5:50            | 3           | 3:13           | 13          | 13:47         | 20.90         | 1:55:25       | 5:31            | 3           | 3:20           | 11         | 24:12         |
| Last lap Alteburg | 0.10        | 0:28          | 4:39            | 2           | 0:05           | 12          | 0:09          | 21.00         | 1:55:53       | 5:31            | 3           | 3:25           | 11         | 24:18         |