



44. Alteburglauf Arnstadt / 05.05.2023

Detailed evaluation

Beyer, Nicole

Club: SV Ichtershausen
Number: 353

Course: 21.00 km
Halbmarathon

Category:
Seniorinnen W45 (45-49)

Total time: 1:56:59

Speed: 10.77 km/h
Running performance: 5:34 min/km

Rank in course/Total: 12 (of 27)

Rank in course/Women: 1 (of 3)

Best time in course: 1:56:59

Rank in category: 1(of 1)

Best time in the category: 1:56:59

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	10.50	57:08	5:26	1	-	1	-	10.50	57:08	5:26	1	-	1	-
Lap 2	10.40	59:23	5:42	1	-	1	-	20.90	1:56:31	5:34	1	-	1	-
Last lap Alteburg	0.10	0:28	4:39	1	-	1	-	21.00	1:56:59	5:34	1	-	1	-