



# 44. Alteburglauf

Arnstadt / 05.05.2023

## Detailed evaluation

**Viezens, Marcel**

Club: Blankenhain  
Number: 375

Course: 21.00 km  
Halbmarathon

Category:  
Senioren M45 (45-49)

Total time: 1:57:38

Speed: 10.71 km/h  
Running performance: 5:36 min/km

Rank in course/Total: 13 (of 27)

Rank in course/Men: 12 (of 24)

Best time in course: 1:31:35

Rank in category: 2(of 3)

Best time in the category: 1:55:31

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	1:00:22	5:44	2	3:14	16	16:08	10.50	1:00:22	5:44	2	3:14	16	16:08
Lap 2	10.40	56:53	5:28	1	-	6	9:54	20.90	1:57:15	5:36	2	2:10	12	26:02
Last lap Alteburg	0.10	0:23	3:50	1	-	5	0:04	21.00	1:57:38	5:36	2	2:07	12	26:03