



44. Alteburglauf
 Arnstadt / 05.05.2023

Detailed evaluation

Grossmann, Florian

Club: Fit mit Schmidt
 Number: 356

Course: 21.00 km
 Halbmarathon

Category:
 Senioren M35 (35-39)

Total time: 1:59:05

Speed: 10.58 km/h
 Running performance: 5:40 min/km

Rank in course/Total: 15 (of 27)

Rank in course/Men: 13 (of 24)

Best time in course: 1:31:35

Rank in category: 4(of 4)

Best time in the category: 1:52:28

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	56:51	5:24	4	2:19	10	12:37	10.50	56:51	5:24	4	2:19	10	12:37
Lap 2	10.40	1:01:42	5:55	4	4:09	14	14:43	20.90	1:58:33	5:40	4	6:28	13	27:20
Last lap Alteburg	0.10	0:32	5:19	3	0:09	17	0:13	21.00	1:59:05	5:40	4	6:37	13	27:30