



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 |