



44. Alteburglauf

Arnstadt / 05.05.2023

Detailed evaluation

Kretzschmar, Manfred

Club: GMRLV/ Ichttershausen
Number: 363

Course: 21.00 km
Halbmarathon

Category:
Senioren M70 (70-74)

Total time: 2:01:23

Speed: 10.38 km/h
Running performance: 5:47 min/km

Rank in course/Total: 16 (of 27)

Rank in course/Men: 15 (of 24)

Best time in course: 1:31:35

Rank in category: 1(of 1)

Best time in the category: 2:01:23

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	1:00:16	5:44	1	-	14	16:02	10.50	1:00:16	5:44	1	-	14	16:02
Lap 2	10.40	1:00:41	5:50	1	-	12	13:42	20.90	2:00:57	5:47	1	-	15	29:44
Last lap Alteburg	0.10	0:26	4:19	1	-	8	0:07	21.00	2:01:23	5:46	1	-	15	29:48