



44. Alteburglauf
Arnstadt / 05.05.2023

Detailed evaluation

Enders, Martini

Club: Lohmühle Aktiv
Number: 354

Course: 21.00 km
Halbmarathon

Category:
Senioren M50 (50-54)

Total time: 2:04:51

Speed: 10.09 km/h
Running performance: 5:57 min/km

Rank in course/Total: 17 (of 27)

Rank in course/Men: 16 (of 24)

Best time in course: 1:31:35

Rank in category: 3(of 5)

Best time in the category: 1:45:58

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						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	3	5:44	14	16:02	10.50	1:00:16	5:44	3	5:44	14	16:02
Lap 2	10.40	1:04:08	6:10	3	13:04	16	17:09	20.90	2:04:24	5:57	3	18:48	16	33:11
Last lap Alteburg	0.10	0:27	4:30	2	0:05	11	0:08	21.00	2:04:51	5:56	3	18:53	16	33:16