



44. Alteburglauf
 Arnstadt / 05.05.2023

Detailed evaluation

Seibert, Christian

Club: Arnstadt
 Number: 371

Course: 21.00 km
 Halbmarathon

Category:
 Senioren M50 (50-54)

Total time: 2:07:17

Speed: 9.90 km/h
 Running performance: 6:04 min/km

Rank in course/Total: 18 (of 27)

Rank in course/Men: 17 (of 24)

Best time in course: 1:31:35

Rank in category: 4(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	1:01:53	5:53	4	7:21	17	17:39	10.50	1:01:53	5:53	4	7:21	17	17:39
Lap 2	10.40	1:04:55	6:14	4	13:51	18	17:56	20.90	2:06:48	6:04	4	21:12	17	35:35
Last lap Alteburg	0.10	0:29	4:49	3	0:07	15	0:10	21.00	2:07:17	6:03	4	21:19	17	35:42