



44. Alteburglauf
 Arnstadt / 05.05.2023

Detailed evaluation

Wolter, Steffen

Club: RennsteigSpirit.Training
 Number: 377

Course: 21.00 km
 Halbmarathon

Category:
 Senioren M55 (55-59)

Total time: 2:10:19

Speed: 9.67 km/h
 Running performance: 6:13 min/km

Rank in course/Total: 19 (of 27)

Rank in course/Men: 18 (of 24)

Best time in course: 1:31:35

Rank in category: 1(of 2)

Best time in the category: 2:10:19

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	1:05:01	6:11	1	-	19	20:47	10.50	1:05:01	6:11	1	-	19	20:47
Lap 2	10.40	1:04:52	6:14	1	-	17	17:53	20.90	2:09:53	6:12	1	-	18	38:40
Last lap Alteburg	0.10	0:26	4:19	1	-	8	0:07	21.00	2:10:19	6:12	1	-	18	38:44