



44. Alteburglauf
Arnstadt / 05.05.2023

Detailed evaluation

Hemmecke, Jennifer

Club: Stadtilm
Number: 359

Course: 21.00 km
Halbmarathon

Category:
Seniorinnen W30 (30-34)

Total time: 2:10:32

Speed: 9.65 km/h
Running performance: 6:13 min/km

Rank in course/Total: 20 (of 27)

Rank in course/Women: 2 (of 3)

Best time in course: 1:56:59

Rank in category: 1(of 2)

Best time in the category: 2:10:32

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	10.50	1:01:39	5:52	1	-	2	4:31	10.50	1:01:39	5:52	1	-	2	4:31
Lap 2	10.40	1:08:20	6:34	1	-	2	8:57	20.90	2:09:59	6:13	1	-	2	13:28
Last lap Alteburg	0.10	0:33	5:30	1	-	2	0:05	21.00	2:10:32	6:12	1	-	2	13:33