



44. Alteburglauf
 Arnstadt / 05.05.2023

Detailed evaluation

Hahnemann, Norbert

Club: SG Motor Arnstadt
 Number: 358

Course: 21.00 km
 Halbmarathon

Category:
 Senioren M65 (65-69)

Total time: 2:12:48

Speed: 9.49 km/h
 Running performance: 6:19 min/km

Rank in course/Total: 21 (of 27)

Rank in course/Men: 19 (of 24)

Best time in course: 1:31:35

Rank in category: 2(of 2)

Best time in the category: 1:55:38

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	1:05:41	6:15	2	8:49	20	21:27	10.50	1:05:41	6:15	2	8:49	20	21:27
Lap 2	10.40	1:06:36	6:24	2	8:18	19	19:37	20.90	2:12:17	6:19	2	17:07	19	41:04
Last lap Alteburg	0.10	0:31	5:10	2	0:03	16	0:12	21.00	2:12:48	6:19	2	17:10	19	41:13