



44. Alteburglauf
 Arnstadt / 05.05.2023

Detailed evaluation

Lenz, Florian

Club: TRCT Racing Team
 Number: 365

Course: 21.00 km
 Halbmarathon

Category:
 Senioren M40 (40-44)

Total time: 2:21:05

Speed: 8.93 km/h
 Running performance: 6:43 min/km

Rank in course/Total: 24 (of 27)

Rank in course/Men: 21 (of 24)

Best time in course: 1:31:35

Rank in category: 6(of 6)

Best time in the category: 1:31:35

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	1:08:59	6:34	6	24:45	21	24:45	10.50	1:08:59	6:34	6	24:45	21	24:45
Lap 2	10.40	1:11:34	6:52	6	24:35	21	24:35	20.90	2:20:33	6:43	6	49:20	21	49:20
Last lap Alteburg	0.10	0:32	5:19	6	0:13	17	0:13	21.00	2:21:05	6:43	6	49:30	21	49:30