



44. Alteburglauf  
 Arnstadt / 05.05.2023

Detailed evaluation

Prasser, Niels

Club: SG Motor Arnstadt  
 Number: 369

Course: 21.00 km  
 Halbmarathon

Category:  
 Senioren M50 (50-54)

Total time: 2:21:14

Speed: 8.92 km/h  
 Running performance: 6:44 min/km

Rank in course/Total: 25 (of 27)

Rank in course/Men: 22 (of 24)

Best time in course: 1:31:35

Rank in category: 5(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	1:09:02	6:34	5	14:30	22	24:48	10.50	1:09:02	6:34	5	14:30	22	24:48
Lap 2	10.40	1:11:39	6:53	5	20:35	22	24:40	20.90	2:20:41	6:43	5	35:05	22	49:28
Last lap Alteburg	0.10	0:33	5:30	5	0:11	23	0:14	21.00	2:21:14	6:43	5	35:16	22	49:39