



44. Alteburglauf
 Arnstadt / 05.05.2023

Detailed evaluation

Keßler, Jörg

Club: Arnstadt
 Number: 361

Course: 21.00 km
 Halbmarathon

Category:
 Senioren M55 (55-59)

Total time: 2:21:14

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

Rank in course/Total: 26 (of 27)

Rank in course/Men: 23 (of 24)

Best time in course: 1:31:35

Rank in category: 2(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	10.50	1:09:03	6:34	2	4:02	23	24:49	10.50	1:09:03	6:34	2	4:02	23	24:49
Lap 2	10.40	1:11:39	6:53	2	6:47	22	24:40	20.90	2:20:42	6:43	2	10:49	23	49:29
Last lap Alteburg	0.10	0:32	5:19	2	0:06	17	0:13	21.00	2:21:14	6:43	2	10:55	22	49:39