



44. Alteburglauf  
 Arnstadt / 05.05.2023

Detailed evaluation

**Berwing, Dieter**

Club: SV TU-Ilmenau  
 Number: 352

Course: 21.00 km  
 Halbmarathon

Category:  
 Senioren M60 (60-64)

Total time: 3:12:23

Speed: 6.55 km/h  
 Running performance: 9:10 min/km

Rank in course/Total: 27 (of 27)

Rank in course/Men: 24 (of 24)

Best time in course: 1:31:35

Rank in category: 1(of 1)

Best time in the category: 3:12:23

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	1:31:22	8:42	1	-	24	47:08	10.50	1:31:22	8:42	1	-	24	47:08
Lap 2	10.40	1:40:11	9:37	1	-	24	53:12	20.90	3:11:33	9:09	1	-	24	1:40:20
Last lap Alteburg	0.10	0:50	8:20	1	-	24	0:31	21.00	3:12:23	9:09	1	-	24	1:40:48