



45. Alteburglauf - Hubertus Triebel Gedächtnislauf

Arnstadt / 30.04.2024

Detailed evaluation

Theresa Dornes

Club: Bergwacht Ilmenau

Number: 375

Course: 21.10 km

Halbmarathon

Category:

Frauen (20-29) M

Total time: 2:07:37

Speed: 9.87 km/h

Running performance: 6:02 min/km

Rank in course/Total: 10 (of 32)

Rank in course/Women: 3 (of 7)

Best time in course: 1:48:28

Rank in category: 1(of 3)

Best time in the category: 2:07:37

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Runde	10.50	1:01:31	5:51	1	-	3	8:52	10.50	1:01:31	5:51	1	-	3	8:52
Runde	10.40	1:05:39	6:18	1	-	4	10:17	20.90	2:07:10	6:05	1	-	3	19:09
Alteburg-Turm	0.20	0:27	2:15	1	-	1	-	21.10	2:07:37	6:02	1	-	3	19:09