



45. Alteburglauf - Hubertus Triebel Gedächtnislauf

Arnstadt / 30.04.2024

Detailed evaluation

Fabian Flemming

Total time: 2:19:30

Number: 379

Speed: 9.03 km/h

Running performance: 6:36 min/km

Course: 21.10 km

Rank in course/Total: 21 (of 32)

Halbmarathon

Rank in course/Men: 16 (of 25)

Category:

Best time in course: 1:26:35

Senioren M30 (30-34) M

Rank in category: 4(of 5)

Best time in the category: 1:39:22

Intermediate times

Stage score

Total ranking

| Control | Split | Split | Split | Pos | Behind | Pos | Behind | Total | Total | Total | Pos | Behind | Pos | Behind |
|---------------|-------|---------|--------|------|--------|-----|---------|-------|---------|--------|------|--------|-----|---------|
| | km | Time | min/km | Cat. | Cat. | Men | Men | km | Time | min/km | Cat. | Cat. | Men | Men |
| Runde | 10.50 | 59:24 | 5:39 | 4 | 10:37 | 10 | 17:39 | 10.50 | 59:24 | 5:39 | 4 | 10:37 | 10 | 17:39 |
| Runde | 10.40 | 1:19:23 | 7:37 | 4 | 29:12 | 22 | 1:01:40 | 20.90 | 2:18:47 | 6:38 | 4 | 39:49 | 19 | 1:04:24 |
| Alteburg-Turm | 0.20 | 0:43 | 3:34 | 5 | 0:19 | 24 | 0:43 | 21.10 | 2:19:30 | 6:36 | 4 | 40:08 | 16 | 52:55 |