



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 km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind 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