



45. Alteburglauf - Hubertus Triebel Gedächtnislauf

Arnstadt / 30.04.2024

Detailed evaluation

André Gölitz

Club: Sparkasse Arnstadt-Ilmenau

Number: 382

Course: 21.10 km

Halbmarathon

Category:

Senioren M35 (35-39) M

Total time: 2:28:08

Speed: 8.51 km/h

Running performance: 7:01 min/km

Rank in course/Total: 28 (of 32)

Rank in course/Men: 21 (of 25)

Best time in course: 1:26:35

Rank in category: 2(of 2)

Best time in the category: 2:13:10

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	1:07:04	6:23	2	5:05	23	25:19	10.50	1:07:04	6:23	2	5:05	23	25:19
Runde	10.40	1:20:27	7:44	2	9:50	24	1:02:44	20.90	2:27:31	7:03	2	14:55	24	1:13:08
Alteburg-Turm	0.20	0:37	3:05	2	0:03	19	0:37	21.10	2:28:08	7:01	2	14:58	21	1:01:33