



# 45. Alteburglauf - Hubertus Triebel Gedächtnislauf

Arnstadt / 30.04.2024

## Detailed evaluation

**Daniel Greiner**

Club: SV Sömmerda e.V./ TRCT

Number: 383

Course: 21.10 km

Halbmarathon

Category:

Senioren M40 (40-44) M

Total time: 1:26:35

Speed: 14.55 km/h

Running performance: 4:06 min/km

Rank in course/Total: 1 (of 32)

Rank in course/Men: 1 (of 25)

Best time in course: 1:26:35

Rank in category: 1(of 4)

Best time in the category: 1:26:35

## 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 | 41:45 | 3:58   | 1    | -      | 1   | -      | 10.50 | 41:45   | 3:58   | 1    | -      | 1   | -      |
| Runde         | 10.40 | 44:24 | 4:16   | 1    | -      | 2   | 26:41  | 20.90 | 1:26:09 | 4:07   | 1    | -      | 2   | 11:46  |
| Alteburg-Turm | 0.20  | 0:26  | 2:09   | 2    | 0:26   | 5   | 0:26   | 21.10 | 1:26:35 | 4:06   | 1    | -      | 1   | -      |