



45. Alteburglauf - Hubertus Triebel Gedächtnislauf

Arnstadt / 30.04.2024

Detailed evaluation

Sebastian Ernemann

Club: Kirmesverein Wüllersleben

Number: 378

Course: 21.10 km

Halbmarathon

Category:

Senioren M40 (40-44) M

Total time: 2:12:39

Speed: 9.50 km/h

Running performance: 6:17 min/km

Rank in course/Total: 16 (of 32)

Rank in course/Men: 12 (of 25)

Best time in course: 1:26:35

Rank in category: 3(of 4)

Best time in the category: 1:26:35

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	10.50	1:05:41	6:15	4	23:56	19	23:56	10.50	1:05:41	6:15	4	23:56	19	23:56
Runde	10.40	1:06:24	6:23	4	22:00	13	48:41	20.90	2:12:05	6:19	4	45:56	15	57:42
Alteburg-Turm	0.20	0:34	2:49	3	0:34	14	0:34	21.10	2:12:39	6:17	3	46:04	12	46:04