



45. Alteburglauf - Hubertus Triebel Gedächtnislauf

Arnstadt / 30.04.2024

Detailed evaluation

Henrik Stutzig

Total time: 1:44:45

Number: 400

Speed: 12.03 km/h

Running performance: 4:57 min/km

Course: 21.10 km

Rank in course/Total: 3 (of 32)

Halbmarathon

Rank in course/Men: 3 (of 25)

Category:

Best time in course: 1:26:35

Senioren M45 (45-49) M

Rank in category: 1(of 3)

Best time in the category: 1:44:45

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	50:49	4:50	1	-	5	9:04	10.50	50:49	4:50	1	-	5	9:04
Runde	10.40	53:28	5:08	2	35:45	7	35:45	20.90	1:44:17	4:59	2	29:54	6	29:54
Alteburg-Turm	0.20	0:28	2:19	2	0:28	7	0:28	21.10	1:44:45	4:57	1	-	3	18:10