



# 45. Alteburglauf - Hubertus Triebel Gedächtnislauf

Arnstadt / 30.04.2024

## Detailed evaluation

Frederike Taubert

Total time: 2:13:42

Number: 401

Speed: 9.47 km/h

Running performance: 6:20 min/km

Course: 21.10 km

Rank in course/Total: 18 (of 32)

Halbmarathon

Rank in course/Women: 5 (of 7)

Category:

Best time in course: 1:48:28

Frauen (20-29) M

Rank in category: 2 (of 3)

Best time in the category: 2:07:37

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Runde	10.50	1:02:54	5:59	2	1:23	5	10:15	10.50	1:02:54	5:59	2	1:23	5	10:15
Runde	10.40	1:10:16	6:45	2	4:37	5	14:54	20.90	2:13:10	6:22	2	6:00	5	25:09
Alteburg-Turm	0.20	0:32	2:39	2	0:05	4	0:05	21.10	2:13:42	6:20	2	6:05	5	25:14