



45. Alteburglauf - Hubertus Triebel Gedächtnislauf

Arnstadt / 30.04.2024

Detailed evaluation

Jörg Mämpel

Number: 393

Course: 21.10 km

Halbmarathon

Category:

Senioren M45 (45-49) M

Total time: 2:07:54

Speed: 9.85 km/h

Running performance: 6:03 min/km

Rank in course/Total: 11 (of 32)

Rank in course/Men: 8 (of 25)

Best time in course: 1:26:35

Rank in category: 2(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	1:00:43	5:46	3	9:54	13	18:58	10.50	1:00:43	5:46	3	9:54	13	18:58
Runde	10.40	1:06:38	6:24	3	48:55	14	48:55	20.90	2:07:21	6:05	3	52:58	11	52:58
Alteburg-Turm	0.20	0:33	2:45	3	0:33	12	0:33	21.10	2:07:54	6:03	2	23:09	8	41:19