



45. Alteburglauf - Hubertus Triebel Gedächtnislauf

Arnstadt / 30.04.2024

Detailed evaluation

Steffen Gressler

Total time: 1:49:52

Number: 384

Speed: 11.47 km/h

Running performance: 5:12 min/km

Course: 21.10 km

Rank in course/Total: 5 (of 32)

Halbmarathon

Rank in course/Men: 4 (of 25)

Category:

Best time in course: 1:26:35

Senioren M50 (50-54) M

Rank in category: 1(of 3)

Best time in the category: 1:49:52

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	52:48	5:01	1	-	6	11:03	10.50	52:48	5:01	1	-	6	11:03
Runde	10.40	56:34	5:26	1	-	9	38:51	20.90	1:49:22	5:13	1	-	7	34:59
Alteburg-Turm	0.20	0:30	2:30	2	0:02	10	0:30	21.10	1:49:52	5:12	1	-	4	23:17