



45. Alteburglauf - Hubertus Triebel Gedächtnislauf

Arnstadt / 30.04.2024

Detailed evaluation

Ralf Lindenlaub

Club: Die Flinken Gerataler
Number: 392

Course: 21.10 km
Halbmarathon

Category:
Senioren M50 (50-54) M

Total time: 2:00:39

Speed: 10.44 km/h
Running performance: 5:43 min/km

Rank in course/Total: 9 (of 32)

Rank in course/Men: 7 (of 25)

Best time in course: 1:26:35

Rank in category: 2(of 3)

Best time in the category: 1:49:52

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	1:00:08	5:43	2	7:20	11	18:23	10.50	1:00:08	5:43	2	7:20	11	18:23
Runde	10.40	1:00:03	5:46	2	3:29	10	42:20	20.90	2:00:11	5:45	2	10:49	10	45:48
Alteburg-Turm	0.20	0:28	2:19	1	-	7	0:28	21.10	2:00:39	5:43	2	10:47	7	34:04