



45. Alteburglauf - Hubertus Triebel Gedächtnislauf

Arnstadt / 30.04.2024

Detailed evaluation

Martin Enders

Club: Lohmühle aktiv

Number: 377

Course: 21.10 km

Halbmarathon

Category:

Senioren M50 (50-54) M

Total time: 2:16:50

Speed: 9.21 km/h

Running performance: 6:29 min/km

Rank in course/Total: 20 (of 32)

Rank in course/Men: 15 (of 25)

Best time in course: 1:26:35

Rank in category: 3(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	1:06:23	6:19	3	13:35	21	24:38	10.50	1:06:23	6:19	3	13:35	21	24:38
Runde	10.40	1:09:51	6:42	3	13:17	16	52:08	20.90	2:16:14	6:31	3	26:52	18	1:01:51
Alteburg-Turm	0.20	0:36	2:59	3	0:08	18	0:36	21.10	2:16:50	6:29	3	26:58	15	50:15