



45. Alteburglauf - Hubertus Triebel Gedächtnislauf

Arnstadt / 30.04.2024

Detailed evaluation

Christian Seibert

Total time: 2:10:44

Number: 399

Speed: 9.64 km/h

Running performance: 6:11 min/km

Course: 21.10 km

Rank in course/Total: 15 (of 32)

Halbmarathon

Rank in course/Men: 11 (of 25)

Best time in course: 1:26:35

Category:

Rank in category: 1(of 1)

Senioren M55 (55-59) M

Best time in the category: 2:10:44

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	1:05:06	6:11	1	-	17	23:21	10.50	1:05:06	6:11	1	-	17	23:21
Runde	10.40	1:05:07	6:15	1	-	11	47:24	20.90	2:10:13	6:13	1	-	14	55:50
Alteburg-Turm	0.20	0:31	2:35	1	-	11	0:31	21.10	2:10:44	6:11	1	-	11	44:09