



45. Alteburglauf - Hubertus Triebel Gedächtnislauf

Arnstadt / 30.04.2024

Detailed evaluation

Katja Röder

Club: Trailrunning-Crew Thüringen

Number: 398

Course: 21.10 km

Halbmarathon

Category:

Seniorinnen W40 (40-44) M

Total time: 1:48:28

Speed: 11.62 km/h

Running performance: 5:08 min/km

Rank in course/Total: 4 (of 32)

Rank in course/Women: 1 (of 7)

Best time in course: 1:48:28

Rank in category: 1(of 1)

Best time in the category: 1:48:28

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Runde	10.50	52:39	5:00	1	-	1	-	10.50	52:39	5:00	1	-	1	-
Runde	10.40	55:22	5:19	1	-	1	-	20.90	1:48:01	5:10	1	-	1	-
Alteburg-Turm	0.20	0:27	2:15	1	-	1	-	21.10	1:48:28	5:08	1	-	1	-