



45. Alteburglauf - Hubertus Triebel Gedächtnislauf

Arnstadt / 30.04.2024

Detailed evaluation

Mandy Du Maire

Club: Lohmühle aktiv

Number: 376

Course: 21.10 km

Halbmarathon

Category:

Seniorinnen W45 (45-49) M

Total time: 2:00:38

Speed: 10.44 km/h

Running performance: 5:43 min/km

Rank in course/Total: 8 (of 32)

Rank in course/Women: 2 (of 7)

Best time in course: 1:48:28

Rank in category: 1 (of 2)

Best time in the category: 2:00:38

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total		Total		Total		Total	
								km	Time	min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	
Runde	10.50	58:27	5:34	1	-	2	5:48	10.50	58:27	5:34	1	-	2	5:48	
Runde	10.40	1:01:44	5:56	1	-	2	6:22	20.90	2:00:11	5:45	1	-	2	12:10	
Alteburg-Turm	0.20	0:27	2:15	1	-	1	-	21.10	2:00:38	5:43	1	-	2	12:10	