



45. Alteburglauf - Hubertus Triebel Gedächtnislauf

Arnstadt / 30.04.2024

Detailed evaluation

Nicole Beyer

Club: SV Ichttershausen

Number: 372

Course: 21.10 km

Halbmarathon

Category:

Seniorinnen W45 (45-49) M

Total time: 2:08:02

Speed: 9.84 km/h

Running performance: 6:04 min/km

Rank in course/Total: 13 (of 32)

Rank in course/Women: 4 (of 7)

Best time in course: 1:48:28

Rank in category: 2 (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.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Runde	10.50	1:01:59	5:54	2	3:32	4	9:20	10.50	1:01:59	5:54	2	3:32	4	9:20
Runde	10.40	1:05:30	6:17	2	3:46	3	10:08	20.90	2:07:29	6:05	2	7:18	4	19:28
Alteburg-Turm	0.20	0:33	2:45	2	0:06	5	0:06	21.10	2:08:02	6:04	2	7:24	4	19:34