



45. Alteburglauf - Hubertus Triebel Gedächtnislauf

Arnstadt / 30.04.2024

Detailed evaluation

Ingrid PAHN

Club: ZahnPAHN.de

Number: 395

Course: 21.10 km

Halbmarathon

Category:

Seniorinnen W60 (60-64) M

Total time: 2:20:02

Speed: 9.00 km/h

Running performance: 6:38 min/km

Rank in course/Total: 22 (of 32)

Rank in course/Women: 6 (of 7)

Best time in course: 1:48:28

Rank in category: 1(of 1)

Best time in the category: 2:20:02

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	1:07:40	6:26	1	-	7	15:01	10.50	1:07:40	6:26	1	-	7	15:01	
Runde	10.40	1:11:45	6:53	1	-	6	16:23	20.90	2:19:25	6:40	1	-	6	31:24	
Alteburg-Turm	0.20	0:37	3:05	1	-	6	0:10	21.10	2:20:02	6:38	1	-	6	31:34	