



44. Alteburglauf

Arnstadt / 05.05.2023

Detailed evaluation

Becherer, Markus

Club: Arnstadt
Number: 351

Course: 21.00 km
Halbmarathon

Category:
Senioren M40 (40-44)

Total time: 1:54:00

Speed: 11.05 km/h
Running performance: 5:26 min/km

Rank in course/Total: 7 (of 27)

Rank in course/Men: 7 (of 24)

Best time in course: 1:31:35

Rank in category: 5(of 6)

Best time in the category: 1:31:35

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	10.50	54:40	5:12	5	10:26	8	10:26	10.50	54:40	5:12	5	10:26	8	10:26
Lap 2	10.40	58:52	5:39	5	11:53	10	11:53	20.90	1:53:32	5:25	5	22:19	7	22:19
Last lap Alteburg	0.10	0:28	4:39	5	0:09	12	0:09	21.00	1:54:00	5:25	5	22:25	7	22:25