



44. Alteburglauf

Arnstadt / 05.05.2023

Detailed evaluation

Heym, Andreas

Club: EDEKA-Team ERFURT
Number: 360

Course: 21.00 km
Halbmarathon

Category:
Senioren M45 (45-49)

Total time: 2:13:43

Speed: 9.42 km/h
Running performance: 6:22 min/km

Rank in course/Total: 23 (of 27)

Rank in course/Men: 20 (of 24)

Best time in course: 1:31:35

Rank in category: 3(of 3)

Best time in the category: 1:55:31

Intermediate times

Stage score

Total ranking

| Control | Split | Split | Split | Pos | Behind | Pos | Behind | Total | Total | Total | Pos | Behind | Pos | Behind |
|-------------------|-------|---------|--------|------|--------|-----|--------|-------|---------|--------|------|--------|-----|--------|
| | km | Time | min/km | Cat. | Cat. | Men | Men | km | Time | min/km | Cat. | Cat. | Men | Men |
| Lap 1 | 10.50 | 1:03:22 | 6:02 | 3 | 6:14 | 18 | 19:08 | 10.50 | 1:03:22 | 6:02 | 3 | 6:14 | 18 | 19:08 |
| Lap 2 | 10.40 | 1:09:49 | 6:42 | 3 | 12:56 | 20 | 22:50 | 20.90 | 2:13:11 | 6:22 | 3 | 18:06 | 20 | 41:58 |
| Last lap Alteburg | 0.10 | 0:32 | 5:19 | 3 | 0:09 | 17 | 0:13 | 21.00 | 2:13:43 | 6:22 | 3 | 18:12 | 20 | 42:08 |