



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 km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind 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