



39. Alteburglauf  
Arnstadt / 05.05.2017

Detailed evaluation

Güensch, Lars

Club: Arnstadt  
Number: 407

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 50:12

Speed: 11.95 km/h  
Running performance: 5:01 min/km

Rank in course/Total: 45 (of 106)

Rank in course/Men: 41 (of 82)

Best time in course: 36:38

Rank in category: 8(of 17)

Best time in the category: 37:02