



40. Alteburglauf  
Arnstadt / 04.05.2018

## Detailed evaluation

**GÜNSCH, Lars**

Club: Laufftreff Alteburg Arnstadt  
Number: 410

Course: 21.10 km  
Halbmarathon

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:45:11

Speed: 12.04 km/h  
Running performance: 4:59 min/km

Rank in course/Total: 19 (of 46)

Rank in course/Men: 18 (of 43)

Best time in course: 1:25:30

Rank in category: 3(of 7)

Best time in the category: 1:31:58