



41. Alteburglauf  
Arnstadt / 03.05.2019

## Detailed evaluation

Lars, Liebaug

Club: Erfurt  
Number: 424

Course: 21.10 km  
Halbmarathon

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:43:21

Speed: 12.25 km/h  
Running performance: 4:54 min/km

Rank in course/Total: 17 (of 56)

Rank in course/Men: 17 (of 49)

Best time in course: 1:30:09

Rank in category: 6(of 7)

Best time in the category: 1:30:09