



41. Alteburglauf  
Arnstadt / 03.05.2019

## Detailed evaluation

**Günsch, Lars**

Club: SC Impuls Erfurt  
Number: 378

Course: 21.10 km  
Halbmarathon

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:45:38

Speed: 11.93 km/h  
Running performance: 5:01 min/km

Rank in course/Total: 22 (of 56)

Rank in course/Men: 21 (of 49)

Best time in course: 1:30:09

Rank in category: 4(of 6)

Best time in the category: 1:32:25