



42. Alteburglauf
 Arnstadt / 10.09.2021

Detailed evaluation

Günsch, Lars

Club: Laufftreff Alteburg
 Number: 432

Course: 21.10 km
 Halbmarathon

Category:
 Senioren M45 (45-49 Jahre)

Total time: 1:44:09

Speed: 12.10 km/h
 Running performance: 4:56 min/km

Rank in course/Total: 2 (of 11)

Rank in course/Men: 2 (of 9)

Best time in course: 1:33:48

Rank in category: 1(of 1)

Best time in the category: 1:44:09

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
Wendestelle	10.40	52:53	5:05	1	-	4	6:21	10.40	52:53	5:05	1	-	4	6:21
Alteburg-Turm	10.70	51:16	4:47	1	-	2	4:00	21.10	1:44:09	4:56	1	-	2	10:21