



43. Alteburglauf
 Arnstadt / 06.05.2022

Detailed evaluation

Günsch, Lars

Club: Laufftreff Alteburg
 Number: 10

Course: 21.10 km
 Halbmarathon

Category:
 Senioren M50 (50-54 Jahre)

Total time: 1:43:55

Speed: 12.13 km/h
 Running performance: 4:55 min/km

Rank in course/Total: 7 (of 32)

Rank in course/Men: 7 (of 29)

Best time in course: 1:26:29

Rank in category: 2(of 9)

Best time in the category: 1:43:08

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	52:31	5:02	4	1:17	9	10:11	10.40	52:31	5:02	4	1:17	9	10:11
Alteburg-Turm	10.70	51:24	4:48	1	-	5	26:59	21.10	1:43:55	4:55	2	0:47	7	17:26