



44. Alteburglauf  
 Arnstadt / 05.05.2023

Detailed evaluation

Günsch, Lars

Club: Alteburglaufftreff  
 Number: 357

Course: 21.00 km  
 Halbmarathon

Category:  
 Senioren M50 (50-54)

Total time: 1:45:58

Speed: 11.89 km/h  
 Running performance: 5:03 min/km

Rank in course/Total: 4 (of 27)

Rank in course/Men: 4 (of 24)

Best time in course: 1:31:35

Rank in category: 1(of 5)

Best time in the category: 1:45:58

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	10.50	54:32	5:11	1	-	4	10:18	10.50	54:32	5:11	1	-	4	10:18
Lap 2	10.40	51:04	4:54	1	-	3	4:05	20.90	1:45:36	5:03	1	-	4	14:23
Last lap Alteburg	0.10	0:22	3:39	1	-	2	0:03	21.00	1:45:58	5:02	1	-	4	14:23