



Südeichsfeldlauf
Diedorf / 10.06.2017

Detailed evaluation

Lippold, Steffen

Club: Höngeda
Number: 497

Course: 10.60 km
Hauptlauf 10,6 km

Category:
Senioren M30 (30-34 Jahre)

Total time: 49:26

Speed: 12.14 km/h
Running performance: 4:40 min/km

Rank in course/Total: 14 (of 69)

Rank in course/Men: 14 (of 57)

Best time in course: 40:21

Rank in category: 2(of 11)

Best time in the category: 42:10