



Südeichsfeldlauf  
Diedorf / 10.06.2017

## Detailed evaluation

**BRÜNGEL, Jörg**

Club: SG Massen  
Number: 352

Course: 5.30 km  
Hauptlauf 5,3 km

Category:  
Senioren M40 (40-44 Jahre)

Total time: 44:25

Speed: 6.75 km/h  
Running performance: 8:23 min/km

Rank in course/Total: 46 (of 47)

Rank in course/Men: 28 (of 28)

Best time in course: 20:08

Rank in category: 7(of 7)

Best time in the category: 20:08