



Südeichsfeldlauf  
Diedorf / 30.06.2018

## Detailed evaluation

**Apel, Marcel**

Club: SV Haimich Hegerode  
Number: 450

Course: 10.60 km  
Hauptlauf 10,6 km

Category:  
Männer (20-29 Jahre)

Total time: 53:18

Speed: 11.26 km/h  
Running performance: 5:02 min/km

Rank in course/Total: 27 (of 58)

Rank in course/Men: 25 (of 49)

Best time in course: 39:56

Rank in category: 3(of 4)

Best time in the category: 39:56