



Südeichsfeldlauf
Diedorf / 30.06.2018

Detailed evaluation

Villnow, Dirk

Club: Sportverein Eigenrode
Number: 428

Course: 10.60 km
Hauptlauf 10,6 km

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:02:20

Speed: 9.63 km/h
Running performance: 5:53 min/km

Rank in course/Total: 51 (of 58)

Rank in course/Men: 46 (of 49)

Best time in course: 39:56

Rank in category: 7(of 7)

Best time in the category: 43:20