



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: 10.20 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