



Südeichsfeldlauf
Diedorf / 30.06.2018

Detailed evaluation

Spangenberg, Andreas

Club: 1. Eichsfelder Sportclub
Number: 345

Course: 5.30 km
Hauptlauf 5,3 km

Category:
Senioren M35 (35-39 Jahre)

Total time: 22:34

Speed: 14.09 km/h
Running performance: 4:16 min/km

Rank in course/Total: 1 (of 50)

Rank in course/Men: 1 (of 21)

Best time in course: 22:34

Rank in category: 1(of 2)

Best time in the category: 22:34