



16. Rennsteig-Querung
Pummpälz-Region / 30.06.2019

Detailed evaluation

Helle, Friedrich

Club: Lage

Number: 1548

Course: 42.19 km

Höllwand-Marathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 7:27:44

Speed: 5.63 km/h

Running performance: 10:37 min/km

Rank in course/Total: 40 (of 42)

Rank in course/Men: 30 (of 31)

Best time in course: 3:58:15

Rank in category: 6(of 6)

Best time in the category: 5:46:12