



16. Rennsteig-Querung  
Pummpälz-Region / 30.06.2019

Detailed evaluation

Matthes, Jan

Club: Lauffreß Breitungen  
Number: 550

Course: 10.54 km  
Viertelmarathon (Lauf)

Category:  
Senioren M55 (55-59 Jahre)

Total time: 1:42:24

Speed: 5.86 km/h  
Running performance: 9:43 min/km

Rank in course/Total: 17 (of 18)

Rank in course/Men: 13 (of 13)

Best time in course: 1:01:21

Rank in category: 3(of 3)

Best time in the category: 1:09:11