



16. Rennsteig-Querung
Pummpälz-Region / 30.06.2019

Detailed evaluation

Koch, Christian

Club: Lauffeuer Fröttstädt
Number: 785

Course: 42.19 km
Höllwand-Marathon

Category:
Senioren M35 (35-39 Jahre)

Total time: 4:04:21

Speed: 10.31 km/h
Running performance: 5:47 min/km

Rank in course/Total: 2 (of 42)

Rank in course/Men: 2 (of 31)

Best time in course: 3:58:15

Rank in category: 2(of 3)

Best time in the category: 3:58:15