



16. Rennsteig-Querung
Pummpälz-Region / 30.06.2019

Detailed evaluation

Hellrung, Heiko

Club: Bad Sooden-Allendorf
Number: 1549

Course: 42.19 km
Höllwand-Marathon

Category:
Senioren M50 (50-54 Jahre)

Total time: 5:09:04

Speed: 8.15 km/h
Running performance: 7:20 min/km

Rank in course/Total: 12 (of 42)

Rank in course/Men: 12 (of 31)

Best time in course: 3:58:15

Rank in category: 4(of 9)

Best time in the category: 4:32:47