



16. Rennsteig-Querung  
Pummpälz-Region / 30.06.2019

Detailed evaluation

**Neumann, Frank**

Club: Birkenwerder  
Number: 793

Course: 42.19 km  
Höllwand-Marathon

Category:  
Senioren M45 (45-49 Jahre)

Total time: 5:18:24

Speed: 7.91 km/h  
Running performance: 7:33 min/km

Rank in course/Total: 16 (of 42)

Rank in course/Men: 14 (of 31)

Best time in course: 3:58:15

Rank in category: 3(of 3)

Best time in the category: 4:41:42