



Südeichsfeldlauf  
Diedorf / 29.06.2019

## Detailed evaluation

Staufenbiel, Roman

Number: 144

Course: 10.60 km  
Hauptlauf 10,6 km

Category:  
Senioren M45 (45-49 Jahre)

Total time: 47:05

Speed: 12.74 km/h  
Running performance: 4:26 min/km

Rank in course/Total: 7 (of 70)

Rank in course/Men: 7 (of 55)

Best time in course: 41:44

Rank in category: 1(of 12)

Best time in the category: 47:05