



Südeichsfeldlauf
Diedorf / 29.06.2019

Detailed evaluation

Metz, Thomas

Number: 170

Course: 10.60 km
Hauptlauf 10,6 km

Category:
Senioren M35 (35-39 Jahre)

Total time: 49:07

Speed: 12.22 km/h
Running performance: 4:38 min/km

Rank in course/Total: 15 (of 70)

Rank in course/Men: 14 (of 55)

Best time in course: 41:44

Rank in category: 2(of 7)

Best time in the category: 47:40