



Südeichsfeldlauf  
Diedorf / 29.06.2019

## Detailed evaluation

Knieriemen, Michael

Number: 141

Course: 10.60 km  
Hauptlauf 10,6 km

Category:  
Senioren M30 (30-34 Jahre)

Total time: 50:05

Speed: 11.98 km/h  
Running performance: 4:43 min/km

Rank in course/Total: 18 (of 70)

Rank in course/Men: 17 (of 55)

Best time in course: 41:44

Rank in category: 4(of 9)

Best time in the category: 42:12