



Südeichsfeldlauf
Diedorf / 29.06.2019

Detailed evaluation

Holzwarth, Hendrik

Number: 153

Course: 10.60 km
Hauptlauf 10,6 km

Category:
Senioren M35 (35-39 Jahre)

Total time: 50:48

Speed: 12.52 km/h
Running performance: 4:47 min/km

Rank in course/Total: 21 (of 70)

Rank in course/Men: 20 (of 55)

Best time in course: 41:44

Rank in category: 3(of 7)

Best time in the category: 47:40