



Südeichsfeldlauf  
Diedorf / 29.06.2019

## Detailed evaluation

Schilling, Karl

Club: VfB 26 Beberstedt  
Number: 127

Course: 10.60 km  
Hauptlauf 10,6 km

Category:  
Senioren M55 (55-59 Jahre)

Total time: 55:28

Speed: 10.82 km/h  
Running performance: 5:14 min/km

Rank in course/Total: 32 (of 70)

Rank in course/Men: 31 (of 55)

Best time in course: 41:44

Rank in category: 1(of 3)

Best time in the category: 55:28