



Südeichsfeldlauf
Diedorf / 29.06.2019

Detailed evaluation

Mock, Gerd

Number: 166

Course: 10.60 km
Hauptlauf 10,6 km

Category:
Senioren M55 (55-59 Jahre)

Total time: 56:25

Speed: 10.64 km/h
Running performance: 5:19 min/km

Rank in course/Total: 35 (of 70)

Rank in course/Men: 33 (of 55)

Best time in course: 41:44

Rank in category: 2(of 3)

Best time in the category: 55:28