



Südeichsfeldlauf  
Diedorf / 29.06.2019

## Detailed evaluation

Zengerling, Jens

Number: 158

Course: 10.60 km  
Hauptlauf 10,6 km

Category:  
Senioren M35 (35-39 Jahre)

Total time: 56:43

Speed: 10.58 km/h  
Running performance: 5:21 min/km

Rank in course/Total: 36 (of 70)

Rank in course/Men: 34 (of 55)

Best time in course: 41:44

Rank in category: 5(of 7)

Best time in the category: 47:40