



Südeichsfeldlauf  
Diedorf / 29.06.2019

## Detailed evaluation

Ronshausen, Kai

Club: Oberdorla

Number: 126

Course: 10.60 km

Hauptlauf 10,6 km

Category:

Senioren M45 (45-49 Jahre)

Total time: 59:35

Speed: 10.07 km/h

Running performance: 5:37 min/km

Rank in course/Total: 43 (of 70)

Rank in course/Men: 38 (of 55)

Best time in course: 41:44

Rank in category: 8(of 12)

Best time in the category: 47:05