



Südeichsfeldlauf  
Diedorf / 29.06.2019

## Detailed evaluation

Dierkes, Yannick

Club: SG Frankfurt-Nied  
Number: 303

Course: 5.30 km  
Hauptlauf 5,3 km

Category:  
Männer (20-29 Jahre)

Total time: 23:45

Speed: 12.63 km/h  
Running performance: 4:29 min/km

Rank in course/Total: 3 (of 35)

Rank in course/Men: 3 (of 21)

Best time in course: 22:57

Rank in category: 1(of 3)

Best time in the category: 23:45