



Südeichsfeldlauf
Diedorf / 29.06.2019

Detailed evaluation

Nothnagel, Stephan

Club: Thuringian Hillbillies
Number: 318

Course: 5.30 km
Hauptlauf 5,3 km

Category:
Senioren M50 (50-54 Jahre)

Total time: 30:51

Speed: 9.72 km/h
Running performance: 5:49 min/km

Rank in course/Total: 23 (of 35)

Rank in course/Men: 18 (of 21)

Best time in course: 22:57

Rank in category: 1(of 1)

Best time in the category: 30:51