



## Südeichsfeldlauf

Diedorf / 26.06.2021-10.07.2021

### Detailed evaluation

**Arndt, Steffen**

Club: Arndt-Family

Number: 11

Course: 10.60 km

Hauptlauf I 10,6 km

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:00:17

Speed: 9.95 km/h

Running performance: 5:41 min/km

Rank in course/Total: 6 (of 10)

Rank in course/Men: 6 (of 8)

Best time in course: 45:28

Rank in category: 3(of 3)

Best time in the category: 57:53