



## Südeichsfeldlauf

Diedorf / 26.06.2021-10.07.2021

### Detailed evaluation

**Mock, Frank**

Club: SV Diedorf 1921 e.V.

Number: 31

Course: 5.30 km

Hauptlauf II 5,3 km

Category:

Senioren M45 (45-49 Jahre)

Total time: 27:40

Speed: 10.84 km/h

Running performance: 5:13 min/km

Rank in course/Total: 13 (of 31)

Rank in course/Men: 12 (of 21)

Best time in course: 21:28

Rank in category: 1(of 1)

Best time in the category: 27:40