



26. Hainichlauf und 3. Werratalmarathon

Mihla / 01.05.2022

Detailed evaluation

Spangenberg, Andreas

Club: 1.Eichsfelder Sportclub e.V

Number: 124

Course: 6.60 km

Kurzstrecke

Category:

Senioren M40 (40-44 Jahre)

Total time: 29:40

Speed: 12.13 km/h

Running performance: 4:29 min/km

Rank in course/Total: 1 (of 31)

Rank in course/Men: 1 (of 13)

Best time in course: 29:40

Rank in category: 1(of 4)

Best time in the category: 29:40