



Südeichsfeldlauf  
Diedorf / 25.06.2022

## Detailed evaluation

Alexander Bömeke

Number: 377

Course: 11.00 km  
Hauptlauf I

Category:  
Senioren M40 (40-44) D

Total time: 49:26

Speed: 13.35 km/h

Running performance: 4:29 min/km

Rank in course/Total: 7 (of 46)

Rank in course/Men: 7 (of 40)

Best time in course: 42:52

Rank in category: 2(of 7)

Best time in the category: 42:52