



Südeichsfeldlauf
Diedorf / 25.06.2022

Detailed evaluation

Christoph Riese

Number: 441

Course: 5.60 km
Hauptlauf II

Category:
Senioren M40 (40-44)

Total time: 28:34

Speed: 10.50 km/h

Running performance: 5:06 min/km

Rank in course/Total: 13 (of 52)

Rank in course/Men: 12 (of 26)

Best time in course: 22:27

Rank in category: 2(of 3)

Best time in the category: 28:32