



Südeichsfeldlauf
Diedorf / 25.06.2022

Detailed evaluation

Markus Heise

Number: 420

Course: 5.60 km

Hauptlauf II

Category:

Senioren M45 (45-49)

Total time: 27:50

Speed: 10.78 km/h

Running performance: 4:58 min/km

Rank in course/Total: 10 (of 52)

Rank in course/Men: 9 (of 26)

Best time in course: 22:27

Rank in category: 1(of 1)

Best time in the category: 27:50