



Südeichsfeldlauf  
Diedorf / 25.06.2022

## Detailed evaluation

Matthias Heddergott

Number: 419

Course: 5.60 km  
Hauptlauf II

Category:  
Senioren M55 (55-59)

Total time: 25:25

Speed: 11.80 km/h

Running performance: 4:32 min/km

Rank in course/Total: 6 (of 52)

Rank in course/Men: 6 (of 26)

Best time in course: 22:27

Rank in category: 2(of 4)

Best time in the category: 23:04