



Südeichsfeldlauf  
Diedorf / 25.06.2022

## Detailed evaluation

Manfred Hemmerden

Number: 343

Course: 5.60 km  
Hauptlauf II

Category:  
Senioren M70 (70-74)

Total time: 34:28

Speed: 8.70 km/h

Running performance: 6:09 min/km

Rank in course/Total: 34 (of 52)

Rank in course/Men: 23 (of 26)

Best time in course: 22:27

Rank in category: 2(of 2)

Best time in the category: 34:09