



## 45. Mommelsteinlauf

Vereinsheim SV 1962 Hohleborn / 15.09.2024

### Detailed evaluation

**Ingo Simon**

Club: Metzels

Number: 202

Course: 16.00 km

Traditionslauf

Category:

Senioren M40 (40-44) E

Total time: 1:35:58

Speed: 10.00 km/h

Running performance: 5:59 min/km

Rank in course/Total: 18 (of 34)

Rank in course/Men: 18 (of 27)

Best time in course: 1:08:25

Rank in category: 6(of 7)

Best time in the category: 1:14:10