



## 45. Mommelsteinlauf

Vereinsheim SV 1962 Hohleborn / 15.09.2024

### Detailed evaluation

**Dirk Fräntzki**

Club: Rennsteiglaufverein

Number: 180

Course: 16.00 km

Traditionslauf

Category:

Senioren M50 (50-54) E

Total time: 1:11:04

Speed: 13.51 km/h

Running performance: 4:26 min/km

Rank in course/Total: 2 (of 34)

Rank in course/Men: 2 (of 27)

Best time in course: 1:08:25

Rank in category: 1(of 4)

Best time in the category: 1:11:04