



## 45. Mommelsteinlauf

Vereinsheim SV 1962 Hohleborn / 15.09.2024

### Detailed evaluation

Alexander Helmerich

Total time: 37:01

Number: 151

Speed: 12.97 km/h

Running performance: 4:37 min/km

Course: 8.00 km

Rank in course/Total: 7 (of 45)

Traditionslauf

Rank in course/Men: 7 (of 32)

Best time in course: 31:04

Category:

Rank in category: 2(of 3)

Senioren M30 (30-34) D

Best time in the category: 32:35