



45. Mommelsteinlauf

Vereinsheim SV 1962 Hohleborn / 15.09.2024

Detailed evaluation

Denny Proksch

Club: Laufclub Rudolstadt e.V.

Number: 240

Course: 8.00 km

Traditionslauf

Category:

Senioren M45 (45-49) D

Total time: 41:59

Speed: 11.43 km/h

Running performance: 5:14 min/km

Rank in course/Total: 16 (of 45)

Rank in course/Men: 15 (of 32)

Best time in course: 31:04

Rank in category: 3(of 5)

Best time in the category: 38:46