



## 45. Mommelsteinlauf

Vereinsheim SV 1962 Hohleborn / 15.09.2024

### Detailed evaluation

Joachim Fräbel

Total time: 42:22

Number: 149

Speed: 11.33 km/h

Running performance: 5:17 min/km

Course: 8.00 km

Rank in course/Total: 17 (of 45)

Traditionslauf

Rank in course/Men: 16 (of 32)

Best time in course: 31:04

Category:

Rank in category: 4(of 5)

Senioren M45 (45-49) D

Best time in the category: 38:46