



45. Mommelsteinlauf

Vereinsheim SV 1962 Hohleborn / 15.09.2024

Detailed evaluation

Lars Dellit

Club: WSV07 Kleinschmalkalden e.V.

Number: 145

Course: 8.00 km

Traditionslauf

Category:

Senioren M45 (45-49) D

Total time: 42:57

Speed: 11.18 km/h

Running performance: 5:22 min/km

Rank in course/Total: 19 (of 45)

Rank in course/Men: 18 (of 32)

Best time in course: 31:04

Rank in category: 5(of 5)

Best time in the category: 38:46