



## 45. Mommelsteinlauf

Vereinsheim SV 1962 Hohleborn / 15.09.2024

### Detailed evaluation

**Mario Schönknecht**

Club: ZSG Ringen Waltershausen

Number: 164

Course: 8.00 km

Traditionslauf

Category:

Senioren M55 (55-59) D

Total time: 40:45

Speed: 11.78 km/h

Running performance: 5:05 min/km

Rank in course/Total: 12 (of 45)

Rank in course/Men: 12 (of 32)

Best time in course: 31:04

Rank in category: 1(of 2)

Best time in the category: 40:45