



## 45. Mommelsteinlauf

Vereinsheim SV 1962 Hohleborn / 15.09.2024

### Detailed evaluation

#### Reiner Holzhaus

Club: LAV Saale Rennsteig

Number: 154

Course: 8.00 km

Traditionslauf

Category:

Senioren M65 (65-69) D

Total time: 45:48

Speed: 10.48 km/h

Running performance: 5:43 min/km

Rank in course/Total: 24 (of 45)

Rank in course/Men: 21 (of 32)

Best time in course: 31:04

Rank in category: 1(of 2)

Best time in the category: 45:48