



Dorflauf Helmscheid
Korbach-Helmscheid / 08.06.2013

Detailed evaluation

Markolf, Rainer

Club: ATC Berndorf
Number: 260

Course: 10.00 km
10,0 km Hauptlauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 48:22

Speed: 12.41 km/h
Running performance: 4:50 min/km

Rank in course/Total: 6 (of 12)

Rank in course/Men: 5 (of 11)

Best time in course: 40:03

Rank in category: 1(of 1)

Best time in the category: 48:22