



# 1. Abbel-Lauf des TSV Berkersheim

Frankfurt Berkersheim / 07.09.2014

## Detailed evaluation

Riester, Norbert

Total time: 55:01

Number: 57

Speed: 10.91 km/h

Running performance: 5:30 min/km

Course: 10.00 km

Rank in course/Total: 22 (of 33)

Hauptlauf

Rank in course/Men: 18 (of 26)

Best time in course: 43:15

Category:

Rank in category: 7(of 11)

Senioren M50 (50-59 Jahre)

Best time in the category: 45:12