



1. Abbel-Lauf des TSV Berkersheim  
Frankfurt Berkersheim / 07.09.2014

Detailed evaluation

Richter, Udo

Club: Frankfurt

Number: 11

Course: 10.00 km

Hauptlauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 45:57

Speed: 13.06 km/h

Running performance: 4:36 min/km

Rank in course/Total: 6 (of 33)

Rank in course/Men: 5 (of 26)

Best time in course: 43:15

Rank in category: 4(of 10)

Best time in the category: 43:15