



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

Detailed evaluation

Steinmetz, Thomas

Club: SSV Heilsberg
Number: 19

Course: 10.00 km
Hauptlauf

Category:
Senioren M50 (50-59 Jahre)

Total time: 46:42

Speed: 12.85 km/h
Running performance: 4:40 min/km

Rank in course/Total: 9 (of 33)

Rank in course/Men: 8 (of 26)

Best time in course: 43:15

Rank in category: 2(of 11)

Best time in the category: 45:12