



# 1. Riechheimer Berglauf und MTB-Marathon

Osthausen / 18.09.2016

## Detailed evaluation

Friedemann, Nico

Club: Erfurt

Number: 28

Course: 13.00 km

13-km Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 57:44

Speed: 13.51 km/h

Running performance: 4:26 min/km

Rank in course/Total: 10 (of 117)

Rank in course/Men: 10 (of 89)

Best time in course: 51:34

Rank in category: 2(of 13)

Best time in the category: 57:05