



# 1. Riechheimer Berglauf und MTB-Marathon

Osthausen / 18.09.2016

## Detailed evaluation

**Prenzel, Dieter**

Club: VfL 28 Ellrich

Number: 71

Course: 13.00 km

13-km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 58:26

Speed: 13.35 km/h

Running performance: 4:29 min/km

Rank in course/Total: 14 (of 117)

Rank in course/Men: 14 (of 89)

Best time in course: 51:34

Rank in category: 2(of 14)

Best time in the category: 56:41