



# 1. Riechheimer Berglauf und MTB-Marathon

Osthausen / 18.09.2016

## Detailed evaluation

**Serikow, Sebastian**

Club: Connected Runners Weimar

Number: 106

Course: 13.00 km

13-km Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 59:47

Speed: 13.05 km/h

Running performance: 4:36 min/km

Rank in course/Total: 17 (of 117)

Rank in course/Men: 17 (of 89)

Best time in course: 51:34

Rank in category: 4(of 13)

Best time in the category: 57:05