



1. Riechheimer Berglauf und MTB-Marathon

Osthausen / 18.09.2016

Detailed evaluation

Münch, Heiko

Club: sc impuls erfurt

Number: 64

Course: 13.00 km

13-km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:00:41

Speed: 12.85 km/h

Running performance: 4:40 min/km

Rank in course/Total: 19 (of 117)

Rank in course/Men: 19 (of 89)

Best time in course: 51:34

Rank in category: 3(of 14)

Best time in the category: 56:41