



# 1. Riechheimer Berglauf und MTB-Marathon

Osthausen / 18.09.2016

## Detailed evaluation

**Michel, Sylvia**

Club: TC Optimus Erfurt

Number: 60

Course: 13.00 km

13-km Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:00:41

Speed: 12.85 km/h

Running performance: 4:40 min/km

Rank in course/Total: 20 (of 117)

Rank in course/Women: 1 (of 28)

Best time in course: 1:00:41

Rank in category: 1(of 6)

Best time in the category: 1:00:41