



# 1. Riechheimer Berglauf und MTB-Marathon

Osthausen / 18.09.2016

## Detailed evaluation

**Menz, Steffen**

Club: Connected Runners Weimar

Number: 109

Course: 13.00 km

13-km Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:02:32

Speed: 12.47 km/h

Running performance: 4:49 min/km

Rank in course/Total: 26 (of 117)

Rank in course/Men: 25 (of 89)

Best time in course: 51:34

Rank in category: 2(of 9)

Best time in the category: 1:01:15