



1. Riechheimer Berglauf und MTB-Marathon

Osthausen / 18.09.2016

Detailed evaluation

Rasch, Ingo

Club: Erfurt

Number: 211

Course: 13.00 km

13-km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:19:09

Speed: 9.85 km/h

Running performance: 6:05 min/km

Rank in course/Total: 83 (of 117)

Rank in course/Men: 72 (of 89)

Best time in course: 51:34

Rank in category: 10(of 13)

Best time in the category: 52:47