



# 1. Riechheimer Berglauf und MTB-Marathon

Osthausen / 18.09.2016

## Detailed evaluation

**Mentzel, Michael**

Club: LTV Erfurt

Number: 105

Course: 13.00 km

13-km Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 1:20:05

Speed: 9.74 km/h

Running performance: 6:10 min/km

Rank in course/Total: 87 (of 117)

Rank in course/Men: 74 (of 89)

Best time in course: 51:34

Rank in category: 7(of 8)

Best time in the category: 57:58