



1. Riechheimer Berglauf und MTB-Marathon

Osthausen / 18.09.2016

Detailed evaluation

Zscharnt, Holger

Club: DAV Inselberg

Number: 103

Course: 13.00 km

13-km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:32:00

Speed: 8.48 km/h

Running performance: 7:05 min/km

Rank in course/Total: 108 (of 117)

Rank in course/Men: 84 (of 89)

Best time in course: 51:34

Rank in category: 13(of 13)

Best time in the category: 52:47