



1. Riechheimer Berglauf und MTB-Marathon

Osthausen / 18.09.2016

Detailed evaluation

Spaleck, Tom

Club: ELAC

Number: 196

Course: 6.00 km

6000 Meter Lauf

Category:

Männlich Jedermann

Total time: 28:03

Speed: 12.83 km/h

Running performance: 4:41 min/km

Rank in course/Total: 6 (of 19)

Rank in course/Men: 6 (of 12)

Best time in course: 24:19

Rank in category: 6(of 12)

Best time in the category: 24:19