



15. Hainich-Lauf
Mihla / 16.08.2009

Detailed evaluation

Aßmann, Holger

Club: Triatlon Jena

Number: 179

Course: 13.00 km

Mittelstrecke

Category:

Männer M55

Total time: 1:10:02

Speed: 11.14 km/h

Running performance: 5:23 min/km

Rank in course/Total: 48 (of 101)

Rank in course/Men: 45 (of 77)

Best time in course: 51:48

Rank in category: 4(of 8)

Best time in the category: 1:06:34