



15. Hainich-Lauf
Mihla / 16.08.2009

Detailed evaluation

Sieber, René

Club: Ecklingerode
Number: 103

Course: 13.00 km
Mittelstrecke

Category:
Männer M45

Total time: 1:12:26

Speed: 10.77 km/h

Running performance: 5:34 min/km

Rank in course/Total: 56 (of 101)

Rank in course/Men: 49 (of 77)

Best time in course: 51:48

Rank in category: 8(of 12)

Best time in the category: 54:19