



15. Hainich-Lauf
Mihla / 16.08.2009

Detailed evaluation

Werner, Ralf

Club: Stedtfelder Rennsteigfreunde
Number: 195

Course: 13.00 km
Mittelstrecke

Category:
Männer M40

Total time: 1:16:08

Speed: 10.25 km/h
Running performance: 5:52 min/km

Rank in course/Total: 65 (of 101)

Rank in course/Men: 56 (of 77)

Best time in course: 51:48

Rank in category: 14(of 17)

Best time in the category: 53:34