



15. Hainich-Lauf
Mihla / 16.08.2009

Detailed evaluation

Spangenberg, Alfons

Club: Mühlhausen
Number: 204

Course: 13.00 km
Mittelstrecke

Category:
Männer M55

Total time: 1:17:34

Speed: 10.06 km/h
Running performance: 5:58 min/km

Rank in course/Total: 69 (of 101)

Rank in course/Men: 59 (of 77)

Best time in course: 51:48

Rank in category: 6(of 8)

Best time in the category: 1:06:34