



15. Hainich-Lauf
Mihla / 16.08.2009

Detailed evaluation

Stephan, Michael

Club: FSV 1986 Bad Langensalza
Number: 152

Course: 13.00 km
Mittelstrecke

Category:
Männer M45

Total time: 1:21:43

Speed: 9.55 km/h

Running performance: 6:17 min/km

Rank in course/Total: 80 (of 101)

Rank in course/Men: 65 (of 77)

Best time in course: 51:48

Rank in category: 12(of 12)

Best time in the category: 54:19