



15. Hainich-Lauf
Mihla / 16.08.2009

Detailed evaluation

Mühlhaus, Helmut

Club: Rennsteiglaufverein
Number: 120

Course: 13.00 km
Mittelstrecke

Category:
Männer M75

Total time: 1:23:46

Speed: 9.31 km/h

Running performance: 6:26 min/km

Rank in course/Total: 85 (of 101)

Rank in course/Men: 68 (of 77)

Best time in course: 51:48

Rank in category: 1(of 2)

Best time in the category: 1:23:46