



15. Hainich-Lauf
Mihla / 16.08.2009

Detailed evaluation

Rikirsch, Roland

Club: Creuzburg ST Scherbda
Number: 175

Course: 13.00 km
Mittelstrecke

Category:
Männer M65

Total time: 1:24:00

Speed: 9.29 km/h
Running performance: 6:28 min/km

Rank in course/Total: 87 (of 101)

Rank in course/Men: 70 (of 77)

Best time in course: 51:48

Rank in category: 3(of 5)

Best time in the category: 1:07:35