



15. Hainich-Lauf

Mihla / 16.08.2009

Detailed evaluation

Fräntzki, Dirk

Club: Laufgruppe Süd Rennsteiglaufverein
Number: 368

Course: 21.10 km
Halbmarathon

Category:
Männer M35

Total time: 1:24:42

Speed: 14.88 km/h
Running performance: 4:01 min/km

Rank in course/Total: 3 (of 87)

Rank in course/Men: 3 (of 76)

Best time in course: 1:18:30

Rank in category: 1(of 17)

Best time in the category: 1:24:42