



15. Hainich-Lauf
Mihla / 16.08.2009

Detailed evaluation

Schrader, Bernd

Club: PSV Meiningen

Number: 324

Course: 21.10 km

Halbmarathon

Category:

Männer M45

Total time: 1:27:09

Speed: 14.46 km/h

Running performance: 4:08 min/km

Rank in course/Total: 4 (of 87)

Rank in course/Men: 4 (of 76)

Best time in course: 1:18:30

Rank in category: 1(of 14)

Best time in the category: 1:27:09