



15. Hainich-Lauf

Mihla / 16.08.2009

Detailed evaluation

Michl, Rene

Club: Sportteam-Steinbach Meiningen

Number: 309

Course: 21.10 km

Halbmarathon

Category:

Männer M35

Total time: 1:30:49

Speed: 13.87 km/h

Running performance: 4:18 min/km

Rank in course/Total: 7 (of 87)

Rank in course/Men: 7 (of 76)

Best time in course: 1:18:30

Rank in category: 2(of 17)

Best time in the category: 1:24:42