



15. Hainich-Lauf
Mihla / 16.08.2009

Detailed evaluation

Wolfram, Dieter

Club: BSG Heichelheim
Number: 149

Course: 13.00 km
Mittelstrecke

Category:
Männer M55

Total time: 1:30:50

Speed: 8.59 km/h
Running performance: 6:59 min/km

Rank in course/Total: 96 (of 101)

Rank in course/Men: 76 (of 77)

Best time in course: 51:48

Rank in category: 8(of 8)

Best time in the category: 1:06:34