



15. Hainich-Lauf
Mihla / 16.08.2009

Detailed evaluation

Apel, Eckart

Club: Olympia Berga
Number: 409

Course: 21.10 km
Halbmarathon

Category:
Männer M45

Total time: 1:36:37

Speed: 13.04 km/h
Running performance: 4:35 min/km

Rank in course/Total: 15 (of 87)

Rank in course/Men: 15 (of 76)

Best time in course: 1:18:30

Rank in category: 4(of 14)

Best time in the category: 1:27:09