



15. Hainich-Lauf
Mihla / 16.08.2009

Detailed evaluation

Koch, Thomas

Club: Uder

Number: 379

Course: 21.10 km

Halbmarathon

Category:

Männer M45

Total time: 1:39:29

Speed: 12.67 km/h

Running performance: 4:43 min/km

Rank in course/Total: 18 (of 87)

Rank in course/Men: 18 (of 76)

Best time in course: 1:18:30

Rank in category: 5(of 14)

Best time in the category: 1:27:09