



15. Hainich-Lauf
Mihla / 16.08.2009

Detailed evaluation

Panse, Jens

Club: USV Erfurt
Number: 346

Course: 21.10 km
Halbmarathon

Category:
Männer M40

Total time: 1:40:22

Speed: 12.55 km/h
Running performance: 4:46 min/km

Rank in course/Total: 20 (of 87)

Rank in course/Men: 20 (of 76)

Best time in course: 1:18:30

Rank in category: 4(of 12)

Best time in the category: 1:23:15