



15. Hainich-Lauf
Mihla / 16.08.2009

Detailed evaluation

Thoma, Manfred

Club: Lauffreunde Geba
Number: 410

Course: 21.10 km
Halbmarathon

Category:
Männer M50

Total time: 1:43:26

Speed: 12.18 km/h
Running performance: 4:54 min/km

Rank in course/Total: 22 (of 87)

Rank in course/Men: 22 (of 76)

Best time in course: 1:18:30

Rank in category: 2(of 10)

Best time in the category: 1:38:56