



15. Hainich-Lauf
Mihla / 16.08.2009

Detailed evaluation

Balash, Udo

Club: Kittelsthal
Number: 407

Course: 21.10 km
Halbmarathon

Category:
Männer M45

Total time: 1:53:43

Speed: 11.08 km/h
Running performance: 5:23 min/km

Rank in course/Total: 45 (of 87)

Rank in course/Men: 43 (of 76)

Best time in course: 1:18:30

Rank in category: 9(of 14)

Best time in the category: 1:27:09