



15. Hainich-Lauf
Mihla / 16.08.2009

Detailed evaluation

Gasterstedt, Ralf

Club: Unkeroda
Number: 390

Course: 21.10 km
Halbmarathon

Category:
Männer M45

Total time: 1:57:04

Speed: 10.76 km/h
Running performance: 5:33 min/km

Rank in course/Total: 48 (of 87)

Rank in course/Men: 46 (of 76)

Best time in course: 1:18:30

Rank in category: 10(of 14)

Best time in the category: 1:27:09