



15. Hainich-Lauf
Mihla / 16.08.2009

Detailed evaluation

Kaufmann, Roland

Club: VfB Beberstedt
Number: 401

Course: 21.10 km
Halbmarathon

Category:
Männer M45

Total time: 1:59:17

Speed: 10.56 km/h
Running performance: 5:39 min/km

Rank in course/Total: 55 (of 87)

Rank in course/Men: 53 (of 76)

Best time in course: 1:18:30

Rank in category: 12(of 14)

Best time in the category: 1:27:09