



15. Hainich-Lauf
Mihla / 16.08.2009

Detailed evaluation

Berndt, Roland

Club: Erfurt
Number: 335

Course: 21.10 km
Halbmarathon

Category:
Männer M55

Total time: 2:00:46

Speed: 10.43 km/h
Running performance: 5:43 min/km

Rank in course/Total: 58 (of 87)

Rank in course/Men: 56 (of 76)

Best time in course: 1:18:30

Rank in category: 7(of 7)

Best time in the category: 1:43:50