



15. Hainich-Lauf
Mihla / 16.08.2009

Detailed evaluation

Lohse, Holger

Club: Eltetal
Number: 316

Course: 21.10 km
Halbmarathon

Category:
Männer M40

Total time: 2:02:07

Speed: 10.32 km/h
Running performance: 5:47 min/km

Rank in course/Total: 60 (of 87)

Rank in course/Men: 58 (of 76)

Best time in course: 1:18:30

Rank in category: 10(of 12)

Best time in the category: 1:23:15