



15. Hainich-Lauf  
Mihla / 16.08.2009

## Detailed evaluation

Rückemesse, Jürgen

Club: Concordia Beuren  
Number: 394

Course: 21.10 km  
Halbmarathon

Category:  
Männer M50

Total time: 2:14:46

Speed: 9.35 km/h  
Running performance: 6:23 min/km

Rank in course/Total: 74 (of 87)

Rank in course/Men: 69 (of 76)

Best time in course: 1:18:30

Rank in category: 9(of 10)

Best time in the category: 1:38:56