



15. Hainich-Lauf
Mihla / 16.08.2009

Detailed evaluation

Nävie, Michael

Club: Kaltensundheim
Number: 371

Course: 21.10 km
Halbmarathon

Category:
Männer M40

Total time: 2:25:07

Speed: 8.68 km/h
Running performance: 6:53 min/km

Rank in course/Total: 85 (of 87)

Rank in course/Men: 76 (of 76)

Best time in course: 1:18:30

Rank in category: 12(of 12)

Best time in the category: 1:23:15