



15. Hainich-Lauf

Mihla / 16.08.2009

Detailed evaluation

Ernst, Frank

Club: Team Zahnschmiede

Number: 156

Course: 13.00 km

Walking, N.-Walking Mittelstrecke

Category:

Walking, Nordic Walking Männer

Total time: 1:40:00

Speed: 7.80 km/h

Running performance: 7:41 min/km

Rank in course/Total: 1 (of 7)

Rank in course/Men: 1 (of 5)

Best time in course: 1:40:00

Rank in category: 1(of 5)

Best time in the category: 1:40:00