



15. Hainich-Lauf  
Mihla / 16.08.2009

## Detailed evaluation

**Werner, Frank**

Club: BSG Fiskus  
Number: 147

Course: 13.00 km  
Walking, N.-Walking Mittelstrecke

Category:  
Walking, Nordic Walking Männer

Total time: 1:41:01

Speed: 7.72 km/h  
Running performance: 7:46 min/km

Rank in course/Total: 4 (of 7)

Rank in course/Men: 4 (of 5)

Best time in course: 1:40:00

Rank in category: 4(of 5)

Best time in the category: 1:40:00