



15. Hainich-Lauf

Mihla / 16.08.2009

Detailed evaluation

Mehr, Ralf

Club: Sportteam-Steinbach Meiningen

Number: 208

Course: 13.00 km

Mittelstrecke

Category:

Männer M35

Total time: 53:10

Speed: 14.67 km/h

Running performance: 4:05 min/km

Rank in course/Total: 2 (of 101)

Rank in course/Men: 2 (of 77)

Best time in course: 51:48

Rank in category: 1(of 7)

Best time in the category: 53:10