



15. Hainich-Lauf
Mihla / 16.08.2009

Detailed evaluation

Rödiger, Uwe

Club: WSV 07 Ruhla
Number: 194

Course: 13.00 km
Mittelstrecke

Category:
Männer M40

Total time: 53:34

Speed: 14.56 km/h
Running performance: 4:07 min/km

Rank in course/Total: 3 (of 101)

Rank in course/Men: 3 (of 77)

Best time in course: 51:48

Rank in category: 1(of 17)

Best time in the category: 53:34