



15. Hainich-Lauf
Mihla / 16.08.2009

Detailed evaluation

Keppler, Bernd

Club: PSV Meiningen
Number: 100

Course: 13.00 km
Mittelstrecke

Category:
Männer M45

Total time: 54:19

Speed: 14.36 km/h
Running performance: 4:11 min/km

Rank in course/Total: 4 (of 101)

Rank in course/Men: 4 (of 77)

Best time in course: 51:48

Rank in category: 1(of 12)

Best time in the category: 54:19