



15. Hainich-Lauf
Mihla / 16.08.2009

Detailed evaluation

Löppen, Reinhard

Club: SV Emsetal
Number: 196

Course: 13.00 km
Mittelstrecke

Category:
Männer M45

Total time: 54:41

Speed: 14.26 km/h
Running performance: 4:13 min/km

Rank in course/Total: 5 (of 101)

Rank in course/Men: 5 (of 77)

Best time in course: 51:48

Rank in category: 2(of 12)

Best time in the category: 54:19