



15. Hainich-Lauf  
Mihla / 16.08.2009

## Detailed evaluation

Ludwig, Olaf

Club: Ebersbach  
Number: 320

Course: 13.00 km  
Mittelstrecke

Category:  
Männer M40

Total time: 58:00

Speed: 13.45 km/h  
Running performance: 4:28 min/km

Rank in course/Total: 12 (of 101)

Rank in course/Men: 11 (of 77)

Best time in course: 51:48

Rank in category: 4(of 17)

Best time in the category: 53:34