



15. Hainich-Lauf
Mihla / 16.08.2009

Detailed evaluation

Spangenberg, Andreas

Club: Gera

Number: 203

Course: 13.00 km

Mittelstrecke

Category:

Männer M20

Total time: 1:02:28

Speed: 12.49 km/h

Running performance: 4:49 min/km

Rank in course/Total: 21 (of 101)

Rank in course/Men: 20 (of 77)

Best time in course: 51:48

Rank in category: 1(of 7)

Best time in the category: 1:02:28