



15. Hainich-Lauf
Mihla / 16.08.2009

Detailed evaluation

Niehage, Matthias

Club: ESV Lok Eisenach
Number: 84

Course: 13.00 km
Mittelstrecke

Category:
Männer M30

Total time: 1:02:31

Speed: 12.48 km/h

Running performance: 4:49 min/km

Rank in course/Total: 23 (of 101)

Rank in course/Men: 22 (of 77)

Best time in course: 51:48

Rank in category: 3(of 3)

Best time in the category: 51:48