



15. Hainich-Lauf
Mihla / 16.08.2009

Detailed evaluation

Enge, Uwe

Club: TSG Ruhla/Handball
Number: 105

Course: 13.00 km
Mittelstrecke

Category:
Männer M45

Total time: 1:04:09

Speed: 12.16 km/h
Running performance: 4:56 min/km

Rank in course/Total: 27 (of 101)

Rank in course/Men: 26 (of 77)

Best time in course: 51:48

Rank in category: 3(of 12)

Best time in the category: 54:19