



15. Hainich-Lauf
Mihla / 16.08.2009

Detailed evaluation

Scheider, Detlev

Club: LG Friedrichroda
Number: 212

Course: 13.00 km
Mittelstrecke

Category:
Männer M45

Total time: 1:04:28

Speed: 12.10 km/h

Running performance: 4:58 min/km

Rank in course/Total: 28 (of 101)

Rank in course/Men: 27 (of 77)

Best time in course: 51:48

Rank in category: 4(of 12)

Best time in the category: 54:19