



15. Hainich-Lauf
Mihla / 16.08.2009

Detailed evaluation

Henning, Jürgen

Club: Spvvg Faulungen
Number: 153

Course: 13.00 km
Mittelstrecke

Category:
Männer M45

Total time: 1:04:48

Speed: 12.04 km/h
Running performance: 4:59 min/km

Rank in course/Total: 29 (of 101)

Rank in course/Men: 28 (of 77)

Best time in course: 51:48

Rank in category: 5(of 12)

Best time in the category: 54:19