



15. Hainich-Lauf  
Mihla / 16.08.2009

## Detailed evaluation

**Pohl, Wolfgang**

Club: SV Normania Treffurt e.V.  
Number: 114

Course: 13.00 km  
Mittelstrecke

Category:  
Männer M55

Total time: 1:06:34

Speed: 11.72 km/h  
Running performance: 5:07 min/km

Rank in course/Total: 31 (of 101)

Rank in course/Men: 30 (of 77)

Best time in course: 51:48

Rank in category: 1(of 8)

Best time in the category: 1:06:34