



15. Hainich-Lauf
Mihla / 16.08.2009

Detailed evaluation

Flachowsky, Gerhard

Club: MTV Hondelage
Number: 150

Course: 13.00 km
Mittelstrecke

Category:
Männer M65

Total time: 1:07:35

Speed: 11.54 km/h
Running performance: 5:12 min/km

Rank in course/Total: 36 (of 101)

Rank in course/Men: 35 (of 77)

Best time in course: 51:48

Rank in category: 1(of 5)

Best time in the category: 1:07:35