



16. Hainichlauf und 3. Wildkatzenlauf Mihla

Mihla / 08.08.2010

Detailed evaluation

Montag, Andreas

Club: SV Normania Treffurt

Number: 230

Course: 13.00 km

Mittelstrecke

Category:

Männer M50

Total time: 59:15

Speed: 13.16 km/h

Running performance: 4:34 min/km

Rank in course/Total: 19 (of 112)

Rank in course/Men: 18 (of 86)

Best time in course: 49:36

Rank in category: 4(of 11)

Best time in the category: 55:41