



16. Hainichlauf und 3. Wildkatzenlauf Mihla

Mihla / 08.08.2010

Detailed evaluation

Jakob, Thomas

Club: Lutter

Number: 317

Course: 13.00 km

Mittelstrecke

Category:

Männer M40

Total time: 59:32

Speed: 13.10 km/h

Running performance: 4:35 min/km

Rank in course/Total: 21 (of 112)

Rank in course/Men: 20 (of 86)

Best time in course: 49:36

Rank in category: 8(of 19)

Best time in the category: 52:11