



16. Hainichlauf und 3. Wildkatzenlauf Mihla

Mihla / 08.08.2010

Detailed evaluation

Ludwig, Olaf

Club: Ebersbach

Number: 286

Course: 13.00 km

Mittelstrecke

Category:

Männer M40

Total time: 1:00:19

Speed: 12.93 km/h

Running performance: 4:38 min/km

Rank in course/Total: 22 (of 112)

Rank in course/Men: 21 (of 86)

Best time in course: 49:36

Rank in category: 9(of 19)

Best time in the category: 52:11