



16. Hainichlauf und 3. Wildkatzenlauf Mihla

Mihla / 08.08.2010

Detailed evaluation

Heinz, Jürgen

Club: Erfordia

Number: 320

Course: 13.00 km

Mittelstrecke

Category:

Männer M45

Total time: 1:00:58

Speed: 12.79 km/h

Running performance: 4:41 min/km

Rank in course/Total: 23 (of 112)

Rank in course/Men: 22 (of 86)

Best time in course: 49:36

Rank in category: 3(of 15)

Best time in the category: 58:28