



16. Hainichlauf und 3. Wildkatzenlauf Mihla

Mihla / 08.08.2010

Detailed evaluation

Senf, Michael

Club: Creuzburg

Number: 270

Course: 13.00 km

Mittelstrecke

Category:

Männer M30

Total time: 1:06:08

Speed: 11.79 km/h

Running performance: 5:05 min/km

Rank in course/Total: 43 (of 112)

Rank in course/Men: 38 (of 86)

Best time in course: 49:36

Rank in category: 4(of 5)

Best time in the category: 50:05