



16. Hainichlauf und 3. Wildkatzenlauf Mihla

Mihla / 08.08.2010

Detailed evaluation

Ernst, Marcel

Club: SV 05 Friedrichroda

Number: 200

Course: 13.00 km

Mittelstrecke

Category:

Männer M20

Total time: 1:07:21

Speed: 11.58 km/h

Running performance: 5:11 min/km

Rank in course/Total: 48 (of 112)

Rank in course/Men: 42 (of 86)

Best time in course: 49:36

Rank in category: 3(of 8)

Best time in the category: 53:20