



# 16. Hainichlauf und 3. Wildkatzenlauf Mihla

Mihla / 08.08.2010

## Detailed evaluation

**Henning, Jürgen**

Club: Spvgg Faulungen

Number: 326

Course: 13.00 km

Mittelstrecke

Category:

Männer M45

Total time: 1:07:45

Speed: 11.51 km/h

Running performance: 5:13 min/km

Rank in course/Total: 50 (of 112)

Rank in course/Men: 44 (of 86)

Best time in course: 49:36

Rank in category: 7(of 15)

Best time in the category: 58:28