



16. Hainichlauf und 3. Wildkatzenlauf Mihla

Mihla / 08.08.2010

Detailed evaluation

Worliczek, Horst

Club: Römhild

Number: 322

Course: 13.00 km

Mittelstrecke

Category:

Männer M55

Total time: 1:08:13

Speed: 11.43 km/h

Running performance: 5:15 min/km

Rank in course/Total: 53 (of 112)

Rank in course/Men: 47 (of 86)

Best time in course: 49:36

Rank in category: 5(of 9)

Best time in the category: 1:02:58