



16. Hainichlauf und 3. Wildkatzenlauf Mihla

Mihla / 08.08.2010

Detailed evaluation

Plötz, Heiko

Club: Mühlhausen

Number: 214

Course: 13.00 km

Mittelstrecke

Category:

Männer M40

Total time: 1:10:34

Speed: 11.05 km/h

Running performance: 5:26 min/km

Rank in course/Total: 64 (of 112)

Rank in course/Men: 54 (of 86)

Best time in course: 49:36

Rank in category: 14(of 19)

Best time in the category: 52:11