



16. Hainichlauf und 3. Wildkatzenlauf Mihla

Mihla / 08.08.2010

Detailed evaluation

Rikirsch, Roland

Club: Creuzburg

Number: 268

Course: 13.00 km

Mittelstrecke

Category:

Männer M65

Total time: 1:13:33

Speed: 10.61 km/h

Running performance: 5:40 min/km

Rank in course/Total: 77 (of 112)

Rank in course/Men: 63 (of 86)

Best time in course: 49:36

Rank in category: 2(of 3)

Best time in the category: 1:09:58