



16. Hainichlauf und 3. Wildkatzenlauf Mihla

Mihla / 08.08.2010

Detailed evaluation

Lange, Lars

Club: Bleicherode

Number: 277

Course: 13.00 km

Mittelstrecke

Category:

Männer M40

Total time: 1:18:49

Speed: 9.90 km/h

Running performance: 6:04 min/km

Rank in course/Total: 92 (of 112)

Rank in course/Men: 75 (of 86)

Best time in course: 49:36

Rank in category: 19(of 19)

Best time in the category: 52:11