



16. Hainichlauf und 3. Wildkatzenlauf Mihla

Mihla / 08.08.2010

Detailed evaluation

Gelbert, Gerwid

Club: Löhnberg

Number: 321

Course: 13.00 km

Mittelstrecke

Category:

Frauen W45

Total time: 1:19:08

Speed: 9.86 km/h

Running performance: 6:05 min/km

Rank in course/Total: 93 (of 112)

Rank in course/Women: 18 (of 26)

Best time in course: 57:20

Rank in category: 5(of 7)

Best time in the category: 1:02:20