



16. Hainichlauf und 3. Wildkatzenlauf Mihla

Mihla / 08.08.2010

Detailed evaluation

Rethfeldt, Gunar

Club: AVOHK

Number: 428

Course: 21.10 km

Halbmarathon

Category:

Männer M40

Total time: 1:21:48

Speed: 15.40 km/h

Running performance: 3:53 min/km

Rank in course/Total: 3 (of 59)

Rank in course/Men: 3 (of 50)

Best time in course: 1:19:23

Rank in category: 2(of 8)

Best time in the category: 1:20:18