



16. Hainichlauf und 3. Wildkatzenlauf Mihla

Mihla / 08.08.2010

Detailed evaluation

Walingen, Stefan

Club: BUND Hildesheim

Number: 227

Course: 13.00 km

Mittelstrecke

Category:

Männer M45

Total time: 1:23:05

Speed: 9.39 km/h

Running performance: 6:23 min/km

Rank in course/Total: 97 (of 112)

Rank in course/Men: 78 (of 86)

Best time in course: 49:36

Rank in category: 15(of 15)

Best time in the category: 58:28