



16. Hainichlauf und 3. Wildkatzenlauf Mihla

Mihla / 08.08.2010

Detailed evaluation

Förkel, Detlev

Club: Weimar

Number: 421

Course: 21.10 km

Halbmarathon

Category:

Männer M45

Total time: 1:29:01

Speed: 14.15 km/h

Running performance: 4:13 min/km

Rank in course/Total: 6 (of 59)

Rank in course/Men: 6 (of 50)

Best time in course: 1:19:23

Rank in category: 1(of 7)

Best time in the category: 1:29:01