



## 16. Hainichlauf und 3. Wildkatzenlauf Mihla

Mihla / 08.08.2010

### Detailed evaluation

**Kirchner, Alexander**

Club: Rhöner WSV

Number: 401

Course: 21.10 km

Halbmarathon

Category:

Männer M30

Total time: 1:30:31

Speed: 13.92 km/h

Running performance: 4:17 min/km

Rank in course/Total: 8 (of 59)

Rank in course/Men: 8 (of 50)

Best time in course: 1:19:23

Rank in category: 1(of 5)

Best time in the category: 1:30:31