



16. Hainichlauf und 3. Wildkatzenlauf Mihla

Mihla / 08.08.2010

Detailed evaluation

Thomas, Dirk

Club: Eisenach

Number: 432

Course: 21.10 km

Halbmarathon

Category:

Männer M40

Total time: 1:34:08

Speed: 13.39 km/h

Running performance: 4:28 min/km

Rank in course/Total: 10 (of 59)

Rank in course/Men: 10 (of 50)

Best time in course: 1:19:23

Rank in category: 5(of 8)

Best time in the category: 1:20:18