



16. Hainichlauf und 3. Wildkatzenlauf Mihla

Mihla / 08.08.2010

Detailed evaluation

Schmalz, Frank

Club: Alea Sanitas

Number: 436

Course: 21.10 km

Halbmarathon

Category:

Männer M30

Total time: 1:34:24

Speed: 13.35 km/h

Running performance: 4:28 min/km

Rank in course/Total: 11 (of 59)

Rank in course/Men: 11 (of 50)

Best time in course: 1:19:23

Rank in category: 2(of 5)

Best time in the category: 1:30:31