



16. Hainichlauf und 3. Wildkatzenlauf Mihla

Mihla / 08.08.2010

Detailed evaluation

Michalk, Bernhard

Club: Rudolstadt

Number: 414

Course: 21.10 km

Halbmarathon

Category:

Männer M45

Total time: 1:42:12

Speed: 12.33 km/h

Running performance: 4:50 min/km

Rank in course/Total: 18 (of 59)

Rank in course/Men: 16 (of 50)

Best time in course: 1:19:23

Rank in category: 3(of 7)

Best time in the category: 1:29:01