



# 16. Hainichlauf und 3. Wildkatzenlauf Mihla

Mihla / 08.08.2010

## Detailed evaluation

**Bodewald, Frank**

Club: Altengottern

Number: 438

Course: 21.10 km

Halbmarathon

Category:

Männer M40

Total time: 1:51:46

Speed: 11.27 km/h

Running performance: 5:18 min/km

Rank in course/Total: 28 (of 59)

Rank in course/Men: 26 (of 50)

Best time in course: 1:19:23

Rank in category: 7(of 8)

Best time in the category: 1:20:18