



16. Hainichlauf und 3. Wildkatzenlauf Mihla

Mihla / 08.08.2010

Detailed evaluation

Heise, Ralf

Club: SC Impuls Erfurt

Number: 406

Course: 21.10 km

Halbmarathon

Category:

Männer M30

Total time: 1:53:18

Speed: 11.12 km/h

Running performance: 5:22 min/km

Rank in course/Total: 33 (of 59)

Rank in course/Men: 31 (of 50)

Best time in course: 1:19:23

Rank in category: 4(of 5)

Best time in the category: 1:30:31