



# 16. Hainichlauf und 3. Wildkatzenlauf Mihla

Mihla / 08.08.2010

## Detailed evaluation

**Heller, Jens**

Club: Immelborn

Number: 435

Course: 21.10 km

Halbmarathon

Category:

Männer M30

Total time: 1:53:35

Speed: 11.09 km/h

Running performance: 5:23 min/km

Rank in course/Total: 34 (of 59)

Rank in course/Men: 32 (of 50)

Best time in course: 1:19:23

Rank in category: 5(of 5)

Best time in the category: 1:30:31