



## 16. Hainichlauf und 3. Wildkatzenlauf Mihla

Mihla / 08.08.2010

### Detailed evaluation

**Berndt, Roland**

Club: Erfurt

Number: 419

Course: 21.10 km

Halbmarathon

Category:

Männer M55

Total time: 1:55:17

Speed: 10.93 km/h

Running performance: 5:28 min/km

Rank in course/Total: 37 (of 59)

Rank in course/Men: 35 (of 50)

Best time in course: 1:19:23

Rank in category: 3(of 3)

Best time in the category: 1:43:18