



16. Hainichlauf und 3. Wildkatzenlauf Mihla

Mihla / 08.08.2010

Detailed evaluation

Quast, Holger

Club: Mhlhausen

Number: 457

Course: 21.10 km

Halbmarathon

Category:

Männer M35

Total time: 2:02:12

Speed: 10.31 km/h

Running performance: 5:47 min/km

Rank in course/Total: 45 (of 59)

Rank in course/Men: 41 (of 50)

Best time in course: 1:19:23

Rank in category: 12(of 13)

Best time in the category: 1:40:49