



16. Hainichlauf und 3. Wildkatzenlauf Mihla

Mihla / 08.08.2010

Detailed evaluation

Kaufmann, Roland

Club: VfB Beberstedt

Number: 455

Course: 21.10 km

Halbmarathon

Category:

Männer M45

Total time: 2:02:17

Speed: 10.30 km/h

Running performance: 5:48 min/km

Rank in course/Total: 46 (of 59)

Rank in course/Men: 42 (of 50)

Best time in course: 1:19:23

Rank in category: 6(of 7)

Best time in the category: 1:29:01