



16. Hainichlauf und 3. Wildkatzenlauf Mihla

Mihla / 08.08.2010

Detailed evaluation

Richter, Holger

Club: ThSV DT Bad Langensalza

Number: 413

Course: 21.10 km

Halbmarathon

Category:

Männer M45

Total time: 2:02:51

Speed: 10.26 km/h

Running performance: 5:49 min/km

Rank in course/Total: 48 (of 59)

Rank in course/Men: 44 (of 50)

Best time in course: 1:19:23

Rank in category: 7(of 7)

Best time in the category: 1:29:01