



# 16. Hainichlauf und 3. Wildkatzenlauf Mihla

Mihla / 08.08.2010

## Detailed evaluation

**Koske, Christian**

Club: Niedergrunstedt

Number: 420

Course: 21.10 km

Halbmarathon

Category:

Männer M60

Total time: 2:07:31

Speed: 9.88 km/h

Running performance: 6:02 min/km

Rank in course/Total: 52 (of 59)

Rank in course/Men: 46 (of 50)

Best time in course: 1:19:23

Rank in category: 2(of 3)

Best time in the category: 1:56:33