



16. Hainichlauf und 3. Wildkatzenlauf Mihla

Mihla / 08.08.2010

Detailed evaluation

Hain, Christoph

Club: Gerstungen

Number: 300

Course: 21.10 km

Halbmarathon

Category:

Frauen W50

Total time: 2:10:28

Speed: 9.66 km/h

Running performance: 6:11 min/km

Rank in course/Total: 53 (of 59)

Rank in course/Women: 7 (of 9)

Best time in course: 1:35:09

Rank in category: 1(of 1)

Best time in the category: 2:10:28