



16. Hainichlauf und 3. Wildkatzenlauf Mihla

Mihla / 08.08.2010

Detailed evaluation

Lippoldt, Ralf

Club: Eisenach

Number: 415

Course: 21.10 km

Halbmarathon

Category:

Männer M50

Total time: 2:40:16

Speed: 7.86 km/h

Running performance: 7:36 min/km

Rank in course/Total: 58 (of 59)

Rank in course/Men: 50 (of 50)

Best time in course: 1:19:23

Rank in category: 4(of 4)

Best time in the category: 1:40:54