



## 16. Hainichlauf und 3. Wildkatzenlauf Mihla

Mihla / 08.08.2010

### Detailed evaluation

**Rodig, Claus**

Club: Erfurt

Number: 90

Course: 13.00 km

Walking, N.-Walking Mittelstrecke

Category:

Walking, Nordic Walking Männer

Total time: 1:38:21

Speed: 7.93 km/h

Running performance: 7:34 min/km

Rank in course/Total: 2 (of 8)

Rank in course/Men: 2 (of 3)

Best time in course: 1:36:10

Rank in category: 2(of 3)

Best time in the category: 1:36:10