



16. Hainichlauf und 3. Wildkatzenlauf Mihla

Mihla / 08.08.2010

Detailed evaluation

Rippel, Markus

Club: SV Nomania Treffurt

Number: 327

Course: 13.00 km

Mittelstrecke

Category:

Männer M30

Total time: 55:06

Speed: 14.16 km/h

Running performance: 4:14 min/km

Rank in course/Total: 6 (of 112)

Rank in course/Men: 6 (of 86)

Best time in course: 49:36

Rank in category: 2(of 5)

Best time in the category: 50:05