



## 16. Hainichlauf und 3. Wildkatzenlauf Mihla

Mihla / 08.08.2010

### Detailed evaluation

**Rödiger, Uwe**

Club: Team Mandy

Number: 271

Course: 13.00 km

Mittelstrecke

Category:

Männer M40

Total time: 55:27

Speed: 14.07 km/h

Running performance: 4:16 min/km

Rank in course/Total: 7 (of 112)

Rank in course/Men: 7 (of 86)

Best time in course: 49:36

Rank in category: 2(of 19)

Best time in the category: 52:11