



17. Hainichlauf
Mihla / 26.06.2011

Detailed evaluation

Swiderski, Jan

Club: Bosch Eisenach
Number: 412

Course: 21.10 km
Halbmarathon

Category:
Männer M45

Total time: 1:40:20

Speed: 12.56 km/h
Running performance: 4:46 min/km

Rank in course/Total: 16 (of 59)

Rank in course/Men: 16 (of 52)

Best time in course: 1:16:24

Rank in category: 4(of 12)

Best time in the category: 1:21:53