



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