



17. Hainichlauf
Mihla / 26.06.2011

Detailed evaluation

Bodewald, Frank

Club: Altengottern
Number: 423

Course: 21.10 km
Halbmarathon

Category:
Männer M40

Total time: 1:43:16

Speed: 12.20 km/h
Running performance: 4:53 min/km

Rank in course/Total: 19 (of 59)

Rank in course/Men: 19 (of 52)

Best time in course: 1:16:24

Rank in category: 5(of 12)

Best time in the category: 1:22:58