



17. Hainichlauf
Mihla / 26.06.2011

Detailed evaluation

Noack, Roland

Club: Bosch Eisenach
Number: 416

Course: 21.10 km
Halbmarathon

Category:
Männer M45

Total time: 1:52:33

Speed: 11.20 km/h
Running performance: 5:20 min/km

Rank in course/Total: 35 (of 59)

Rank in course/Men: 34 (of 52)

Best time in course: 1:16:24

Rank in category: 8(of 12)

Best time in the category: 1:21:53