



18. Hainich-Lauf
Mihla / 01.05.2012

Detailed evaluation

Aßmann, Holger

Club: Triathlon Jena
Number: 250

Course: 13.00 km
Mittelstrecke

Category:
Senioren M55 (55-59 Jahre)

Total time: 1:04:41

Speed: 12.06 km/h
Running performance: 4:59 min/km

Rank in course/Total: 42 (of 102)

Rank in course/Men: 39 (of 82)

Best time in course: 45:06

Rank in category: 5(of 9)

Best time in the category: 59:52