



18. Hainich-Lauf
Mihla / 01.05.2012

Detailed evaluation

Nürnberger, Dirk

Club: SV Empor Bad Langensalza
Number: 407

Course: 21.10 km
Halbmarathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:45:31

Speed: 11.94 km/h
Running performance: 5:00 min/km

Rank in course/Total: 18 (of 53)

Rank in course/Men: 16 (of 42)

Best time in course: 1:13:22

Rank in category: 4(of 11)

Best time in the category: 1:32:39