



18. Hainich-Lauf
Mihla / 01.05.2012

Detailed evaluation

Heise, Ralf

Club: SC Impuls Erfurt
Number: 430

Course: 21.10 km
Halbmarathon

Category:
Senioren M35 (35-39 Jahre)

Total time: 2:00:23

Speed: 10.47 km/h
Running performance: 5:43 min/km

Rank in course/Total: 35 (of 53)

Rank in course/Men: 33 (of 42)

Best time in course: 1:13:22

Rank in category: 2(of 3)

Best time in the category: 1:46:51