



18. Hainich-Lauf

Mihla / 01.05.2012

Detailed evaluation

ernst, beate

Club: Sonntagsläufer Tambach-Dietharz

Number: 226

Course: 13.00 km

Mittelstrecke

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:00:56

Speed: 12.80 km/h

Running performance: 4:41 min/km

Rank in course/Total: 28 (of 102)

Rank in course/Women: 2 (of 20)

Best time in course: 1:00:53

Rank in category: 1(of 7)

Best time in the category: 1:00:56