



## 19. Mihlaer Hainichlauf

Mihla / 01.05.2013

### Detailed evaluation

**Semisch, Kevin**

Club: Bad Hersfeld

Number: 69

Course: 13.00 km

Mittelstrecke

Category:

Männer (20-29 Jahre)

Total time: 1:03:15

Speed: 12.33 km/h

Running performance: 4:52 min/km

Rank in course/Total: 30 (of 90)

Rank in course/Men: 29 (of 67)

Best time in course: 53:46

Rank in category: 4(of 5)

Best time in the category: 59:08