



## 19. Mihlaer Hainichlauf

Mihla / 01.05.2013

### Detailed evaluation

ernst, beate

Club: Sonntagsläufer Tambach-Dietharz

Number: 19

Course: 13.00 km

Mittelstrecke

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:03:52

Speed: 12.21 km/h

Running performance: 4:55 min/km

Rank in course/Total: 32 (of 90)

Rank in course/Women: 2 (of 23)

Best time in course: 1:00:01

Rank in category: 1(of 6)

Best time in the category: 1:03:52