



19. Mihlaer Hainichlauf

Mihla / 01.05.2013

Detailed evaluation

Bärwolf, Silvia

Club: Lauffreud Breitungeu

Number: 9

Course: 13.00 km

Mittelstrecke

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 1:05:13

Speed: 11.96 km/h

Running performance: 5:01 min/km

Rank in course/Total: 35 (of 90)

Rank in course/Women: 4 (of 23)

Best time in course: 1:00:01

Rank in category: 1(of 5)

Best time in the category: 1:05:13