



19. Mihlaer Hainichlauf

Mihla / 01.05.2013

Detailed evaluation

Mähler, Ulf

Club: Gü/We Läufer

Number: 83

Course: 13.00 km

Mittelstrecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:06:07

Speed: 11.80 km/h

Running performance: 5:05 min/km

Rank in course/Total: 39 (of 90)

Rank in course/Men: 35 (of 67)

Best time in course: 53:46

Rank in category: 5(of 13)

Best time in the category: 58:40