



19. Mihlaer Hainichlauf

Mihla / 01.05.2013

Detailed evaluation

Pohl, Wolfgang

Club: SV Normania Treffurt

Number: 39

Course: 13.00 km

Mittelstrecke

Category:

Senioren M60 (60-64 Jahre)

Total time: 1:06:32

Speed: 11.72 km/h

Running performance: 5:07 min/km

Rank in course/Total: 40 (of 90)

Rank in course/Men: 36 (of 67)

Best time in course: 53:46

Rank in category: 3(of 4)

Best time in the category: 1:01:40