



## 19. Mihlaer Hainichlauf

Mihla / 01.05.2013

### Detailed evaluation

**Weißhaar, Dirk**

Club: SV Blau Weiß 90 Kreuzburg

Number: 73

Course: 13.00 km

Mittelstrecke

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:07:25

Speed: 11.57 km/h

Running performance: 5:11 min/km

Rank in course/Total: 43 (of 90)

Rank in course/Men: 38 (of 67)

Best time in course: 53:46

Rank in category: 7(of 11)

Best time in the category: 53:58