



19. Mihlaer Hainichlauf

Mihla / 01.05.2013

Detailed evaluation

Speck, Wilfried

Club: SV Hitzerode

Number: 74

Course: 13.00 km

Mittelstrecke

Category:

Senioren M55 (55-59 Jahre)

Total time: 1:07:50

Speed: 11.50 km/h

Running performance: 5:13 min/km

Rank in course/Total: 45 (of 90)

Rank in course/Men: 39 (of 67)

Best time in course: 53:46

Rank in category: 6(of 7)

Best time in the category: 57:32