



19. Mihlaer Hainichlauf

Mihla / 01.05.2013

Detailed evaluation

Patzenhauer, Holger

Club: SV Blau Weiß 90 Kreuzburg

Number: 71

Course: 13.00 km

Mittelstrecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:08:43

Speed: 11.35 km/h

Running performance: 5:17 min/km

Rank in course/Total: 46 (of 90)

Rank in course/Men: 40 (of 67)

Best time in course: 53:46

Rank in category: 6(of 13)

Best time in the category: 58:40