



19. Mihlaer Hainichlauf

Mihla / 01.05.2013

Detailed evaluation

Diessler, Daniel

Club: Eisenach

Number: 11

Course: 13.00 km

Mittelstrecke

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:10:13

Speed: 11.11 km/h

Running performance: 5:24 min/km

Rank in course/Total: 50 (of 90)

Rank in course/Men: 43 (of 67)

Best time in course: 53:46

Rank in category: 4(of 4)

Best time in the category: 53:46