



19. Mihlaer Hainichlauf

Mihla / 01.05.2013

Detailed evaluation

Schwanitz, Holger

Club: WSV Trusetal

Number: 54

Course: 13.00 km

Mittelstrecke

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:10:36

Speed: 11.05 km/h

Running performance: 5:26 min/km

Rank in course/Total: 52 (of 90)

Rank in course/Men: 45 (of 67)

Best time in course: 53:46

Rank in category: 5(of 10)

Best time in the category: 1:01:23