



19. Mihlaer Hainichlauf

Mihla / 01.05.2013

Detailed evaluation

Stephan, Guido

Club: MTV 1860 Erfurt

Number: 99

Course: 13.00 km

Mittelstrecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:11:55

Speed: 10.85 km/h

Running performance: 5:32 min/km

Rank in course/Total: 57 (of 90)

Rank in course/Men: 48 (of 67)

Best time in course: 53:46

Rank in category: 7(of 13)

Best time in the category: 58:40