



19. Mihlaer Hainichlauf

Mihla / 01.05.2013

Detailed evaluation

Dunkel, Frank

Club: SV Normania Treffurt

Number: 12

Course: 13.00 km

Mittelstrecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:12:38

Speed: 10.74 km/h

Running performance: 5:35 min/km

Rank in course/Total: 59 (of 90)

Rank in course/Men: 50 (of 67)

Best time in course: 53:46

Rank in category: 8(of 13)

Best time in the category: 58:40