



## 19. Mihlaer Hainichlauf

Mihla / 01.05.2013

### Detailed evaluation

**Matthes, Jan**

Club: Lauffreud Breitungun

Number: 33

Course: 13.00 km

Mittelstrecke

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:16:58

Speed: 10.13 km/h

Running performance: 5:55 min/km

Rank in course/Total: 71 (of 90)

Rank in course/Men: 57 (of 67)

Best time in course: 53:46

Rank in category: 9(of 10)

Best time in the category: 1:01:23