



## 19. Mihlaer Hainichlauf

Mihla / 01.05.2013

### Detailed evaluation

**Friese, Ralph**

Club: Pößneck

Number: 20

Course: 13.00 km

Mittelstrecke

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:17:15

Speed: 10.10 km/h

Running performance: 5:56 min/km

Rank in course/Total: 72 (of 90)

Rank in course/Men: 58 (of 67)

Best time in course: 53:46

Rank in category: 10(of 11)

Best time in the category: 53:58