



19. Mihlaer Hainichlauf

Mihla / 01.05.2013

Detailed evaluation

Sömmer, Fred

Club: BSG Wartburg-Sparkasse

Number: 55

Course: 13.00 km

Mittelstrecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:18:55

Speed: 9.88 km/h

Running performance: 6:04 min/km

Rank in course/Total: 76 (of 90)

Rank in course/Men: 61 (of 67)

Best time in course: 53:46

Rank in category: 12(of 13)

Best time in the category: 58:40