



19. Mihlaer Hainichlauf

Mihla / 01.05.2013

Detailed evaluation

Koch, Dominik

Club: Rennsteiglaufverein LG Süd

Number: 179

Course: 21.10 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:19:47

Speed: 15.79 km/h

Running performance: 3:47 min/km

Rank in course/Total: 1 (of 55)

Rank in course/Men: 1 (of 41)

Best time in course: 1:19:47

Rank in category: 1(of 5)

Best time in the category: 1:19:47