



19. Mihlaer Hainichlauf

Mihla / 01.05.2013

Detailed evaluation

Rolf, Lars

Club: Non-Stop-Ultra

Number: 184

Course: 21.10 km

Halbmarathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:34:08

Speed: 13.39 km/h

Running performance: 4:28 min/km

Rank in course/Total: 4 (of 55)

Rank in course/Men: 4 (of 41)

Best time in course: 1:19:47

Rank in category: 1(of 5)

Best time in the category: 1:34:08