



19. Mihlaer Hainichlauf

Mihla / 01.05.2013

Detailed evaluation

Panse, Jens

Club: USV Erfurt

Number: 170

Course: 21.10 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:37:46

Speed: 12.89 km/h

Running performance: 4:38 min/km

Rank in course/Total: 7 (of 55)

Rank in course/Men: 7 (of 41)

Best time in course: 1:19:47

Rank in category: 1(of 9)

Best time in the category: 1:37:46