



19. Mihlaer Hainichlauf

Mihla / 01.05.2013

Detailed evaluation

Michalk, Bernhard

Club: Rudolstadt

Number: 166

Course: 21.10 km

Halbmarathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:38:52

Speed: 12.74 km/h

Running performance: 4:41 min/km

Rank in course/Total: 8 (of 55)

Rank in course/Men: 8 (of 41)

Best time in course: 1:19:47

Rank in category: 2(of 9)

Best time in the category: 1:35:52