



19. Mihlaer Hainichlauf

Mihla / 01.05.2013

Detailed evaluation

Pokahr, Viola

Club: Sonntagsläufer Tambach-Dietharz
Number: 40

Course: 13.00 km
Mittelstrecke

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 1:43:22

Speed: 7.55 km/h
Running performance: 7:57 min/km

Rank in course/Total: 89 (of 90)
Rank in course/Women: 23 (of 23)
Best time in course: 1:00:01

Rank in category: 5(of 5)
Best time in the category: 1:05:13