



19. Mihlaer Hainichlauf

Mihla / 01.05.2013

Detailed evaluation

Schudera, Matthias

Club: SSV Bad Salzungen

Number: 195

Course: 21.10 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:43:24

Speed: 12.19 km/h

Running performance: 4:54 min/km

Rank in course/Total: 16 (of 55)

Rank in course/Men: 16 (of 41)

Best time in course: 1:19:47

Rank in category: 4(of 9)

Best time in the category: 1:37:46