



19. Mihlaer Hainichlauf

Mihla / 01.05.2013

Detailed evaluation

Grosch, Hartmut

Club: Team Nurtelite

Number: 181

Course: 21.10 km

Halbmarathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 1:48:35

Speed: 11.60 km/h

Running performance: 5:09 min/km

Rank in course/Total: 23 (of 55)

Rank in course/Men: 23 (of 41)

Best time in course: 1:19:47

Rank in category: 3(of 6)

Best time in the category: 1:39:26