



## 19. Mihlaer Hainichlauf

Mihla / 01.05.2013

### Detailed evaluation

**Kölsch, Wolfgang**

Club: Ostwest Express

Number: 162

Course: 21.10 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:48:38

Speed: 11.60 km/h

Running performance: 5:09 min/km

Rank in course/Total: 24 (of 55)

Rank in course/Men: 24 (of 41)

Best time in course: 1:19:47

Rank in category: 6(of 9)

Best time in the category: 1:37:46