



19. Mihlaer Hainichlauf

Mihla / 01.05.2013

Detailed evaluation

Gerlach, Astrid

Club: Creuzburg

Number: 207

Course: 21.10 km

Halbmarathon

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 1:54:50

Speed: 10.97 km/h

Running performance: 5:26 min/km

Rank in course/Total: 34 (of 55)

Rank in course/Women: 4 (of 14)

Best time in course: 1:49:13

Rank in category: 2(of 3)

Best time in the category: 1:49:13