



## 19. Mihlaer Hainichlauf

Mihla / 01.05.2013

### Detailed evaluation

**Koch, Heike**

Club: TSSC Erfurt

Number: 161

Course: 21.10 km

Halbmarathon

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 1:58:06

Speed: 10.67 km/h

Running performance: 5:36 min/km

Rank in course/Total: 36 (of 55)

Rank in course/Women: 5 (of 14)

Best time in course: 1:49:13

Rank in category: 3(of 3)

Best time in the category: 1:49:13