



19. Mihlaer Hainichlauf

Mihla / 01.05.2013

Detailed evaluation

Heß, Karsten

Club: Eisenach

Number: 159

Course: 21.10 km

Halbmarathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:58:41

Speed: 10.62 km/h

Running performance: 5:37 min/km

Rank in course/Total: 38 (of 55)

Rank in course/Men: 32 (of 41)

Best time in course: 1:19:47

Rank in category: 7(of 9)

Best time in the category: 1:35:52