



19. Mihlaer Hainichlauf

Mihla / 01.05.2013

Detailed evaluation

Schwanz, Rainer

Club: Rot-Weiss Scherbda

Number: 176

Course: 21.10 km

Halbmarathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 2:01:26

Speed: 10.38 km/h

Running performance: 5:46 min/km

Rank in course/Total: 39 (of 55)

Rank in course/Men: 33 (of 41)

Best time in course: 1:19:47

Rank in category: 5(of 6)

Best time in the category: 1:39:26