



19. Mihlaer Hainichlauf

Mihla / 01.05.2013

Detailed evaluation

Gietzelt, Ulf

Club: Borthen

Number: 157

Course: 21.10 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:06:29

Speed: 9.96 km/h

Running performance: 5:59 min/km

Rank in course/Total: 44 (of 55)

Rank in course/Men: 36 (of 41)

Best time in course: 1:19:47

Rank in category: 7(of 9)

Best time in the category: 1:37:46