



19. Mihlaer Hainichlauf

Mihla / 01.05.2013

Detailed evaluation

Ratzlow, Cordula

Club: Katholische Laufjugend Arnstadt

Number: 191

Course: 21.10 km

Halbmarathon

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 2:11:28

Speed: 9.58 km/h

Running performance: 6:14 min/km

Rank in course/Total: 49 (of 55)

Rank in course/Women: 11 (of 14)

Best time in course: 1:49:13

Rank in category: 3(of 4)

Best time in the category: 2:04:02