



19. Mihlaer Hainichlauf

Mihla / 01.05.2013

Detailed evaluation

Heilwagen, Rene

Club: FC Deutsche Post

Number: 200

Course: 21.10 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:14:53

Speed: 9.34 km/h

Running performance: 6:23 min/km

Rank in course/Total: 53 (of 55)

Rank in course/Men: 40 (of 41)

Best time in course: 1:19:47

Rank in category: 9(of 9)

Best time in the category: 1:37:46