



19. Mihlaer Hainichlauf

Mihla / 01.05.2013

Detailed evaluation

Holz, Enrico

Club: AC Apolda

Number: 280

Course: 6.00 km

Kurzstrecke

Category:

Senioren M40 (40-44 Jahre)

Total time: 26:06

Speed: 13.79 km/h

Running performance: 4:21 min/km

Rank in course/Total: 7 (of 37)

Rank in course/Men: 5 (of 20)

Best time in course: 21:07

Rank in category: 2(of 4)

Best time in the category: 25:15