



19. Mihlaer Hainichlauf

Mihla / 01.05.2013

Detailed evaluation

Wahl, Immo

Club: Sportfreund Thüringer Wald

Number: 289

Course: 6.00 km

Kurzstrecke

Category:

Senioren M30 (30-34 Jahre)

Total time: 29:10

Speed: 12.34 km/h

Running performance: 4:52 min/km

Rank in course/Total: 15 (of 37)

Rank in course/Men: 11 (of 20)

Best time in course: 21:07

Rank in category: 2(of 2)

Best time in the category: 21:07