



19. Mihlaer Hainichlauf

Mihla / 01.05.2013

Detailed evaluation

Wuhg, Andreas

Club: Heyrode

Number: 290

Course: 6.00 km

Kurzstrecke

Category:

Senioren M40 (40-44 Jahre)

Total time: 30:22

Speed: 11.86 km/h

Running performance: 5:04 min/km

Rank in course/Total: 16 (of 37)

Rank in course/Men: 12 (of 20)

Best time in course: 21:07

Rank in category: 3(of 4)

Best time in the category: 25:15