



## 19. Mihlaer Hainichlauf

Mihla / 01.05.2013

### Detailed evaluation

**Helbig, H.-Peter**

Club: Stedtfelder Rennsteigfreunde

Number: 276

Course: 6.00 km

Kurzstrecke

Category:

Senioren M70 (70-74 Jahre)

Total time: 36:22

Speed: 9.90 km/h

Running performance: 6:04 min/km

Rank in course/Total: 30 (of 37)

Rank in course/Men: 18 (of 20)

Best time in course: 21:07

Rank in category: 1(of 2)

Best time in the category: 36:22