



## 19. Mihlaer Hainichlauf

Mihla / 01.05.2013

### Detailed evaluation

**Rippel, Markus**

Club: SV Nomania Treffurt

Number: 102

Course: 13.00 km

Mittelstrecke

Category:

Senioren M30 (30-34 Jahre)

Total time: 53:46

Speed: 14.51 km/h

Running performance: 4:08 min/km

Rank in course/Total: 1 (of 90)

Rank in course/Men: 1 (of 67)

Best time in course: 53:46

Rank in category: 1(of 4)

Best time in the category: 53:46