



## 19. Mihlaer Hainichlauf

Mihla / 01.05.2013

### Detailed evaluation

**Hesse, Uwe**

Club: Hainichläufer

Number: 96

Course: 13.00 km

Mittelstrecke

Category:

Senioren M55 (55-59 Jahre)

Total time: 57:32

Speed: 13.56 km/h

Running performance: 4:26 min/km

Rank in course/Total: 5 (of 90)

Rank in course/Men: 5 (of 67)

Best time in course: 53:46

Rank in category: 1(of 7)

Best time in the category: 57:32