



## 19. Mihlaer Hainichlauf

Mihla / 01.05.2013

### Detailed evaluation

**Becker, Frank**

Club: USV Erfurt

Number: 5

Course: 13.00 km

Mittelstrecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 58:40

Speed: 13.30 km/h

Running performance: 4:31 min/km

Rank in course/Total: 8 (of 90)

Rank in course/Men: 8 (of 67)

Best time in course: 53:46

Rank in category: 1(of 13)

Best time in the category: 58:40