



19. Mihlaer Hainichlauf

Mihla / 01.05.2013

Detailed evaluation

Steinwachs, Bert

Club: SV Normania Treffurt

Number: 105

Course: 13.00 km

Mittelstrecke

Category:

Senioren M35 (35-39 Jahre)

Total time: 58:58

Speed: 13.23 km/h

Running performance: 4:32 min/km

Rank in course/Total: 9 (of 90)

Rank in course/Men: 9 (of 67)

Best time in course: 53:46

Rank in category: 4(of 8)

Best time in the category: 57:09