



19. Mihlaer Hainichlauf

Mihla / 01.05.2013

Detailed evaluation

Lämmerhirt, Dennis

Club: Waspo 08

Number: 32

Course: 13.00 km

Mittelstrecke

Category:

Senioren M30 (30-34 Jahre)

Total time: 59:42

Speed: 13.07 km/h

Running performance: 4:35 min/km

Rank in course/Total: 11 (of 90)

Rank in course/Men: 11 (of 67)

Best time in course: 53:46

Rank in category: 2(of 4)

Best time in the category: 53:46