



## 19. Mihlaer Hainichlauf

Mihla / 01.05.2013

### Detailed evaluation

**Heintze, Kai**

Club: Hainichläufer

Number: 28

Course: 13.00 km

Mittelstrecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 59:44

Speed: 13.06 km/h

Running performance: 4:35 min/km

Rank in course/Total: 12 (of 90)

Rank in course/Men: 12 (of 67)

Best time in course: 53:46

Rank in category: 2(of 13)

Best time in the category: 58:40