



19. Mihlaer Hainichlauf

Mihla / 01.05.2013

Detailed evaluation

Claus, Bernd

Club: Eschweger TSV

Number: 77

Course: 13.00 km

Mittelstrecke

Category:

Senioren M55 (55-59 Jahre)

Total time: 1:00:12

Speed: 12.96 km/h

Running performance: 4:38 min/km

Rank in course/Total: 15 (of 90)

Rank in course/Men: 14 (of 67)

Best time in course: 53:46

Rank in category: 2(of 7)

Best time in the category: 57:32