



19. Mihlaer Hainichlauf

Mihla / 01.05.2013

Detailed evaluation

Heller, Jens

Club: Bad salzungen

Number: 85

Course: 13.00 km

Mittelstrecke

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:00:29

Speed: 12.90 km/h

Running performance: 4:39 min/km

Rank in course/Total: 17 (of 90)

Rank in course/Men: 16 (of 67)

Best time in course: 53:46

Rank in category: 5(of 8)

Best time in the category: 57:09