



## 19. Mihlaer Hainichlauf

Mihla / 01.05.2013

### Detailed evaluation

**Nürnberger, Dirk**

Club: SV Empor Bad Langensalza

Number: 36

Course: 13.00 km

Mittelstrecke

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:00:55

Speed: 12.80 km/h

Running performance: 4:41 min/km

Rank in course/Total: 18 (of 90)

Rank in course/Men: 17 (of 67)

Best time in course: 53:46

Rank in category: 3(of 11)

Best time in the category: 53:58