



20. Hainich-Lauf Mihla

Mihla / 01.05.2014

Detailed evaluation

Nürnberger, Dirk

Club: SV Empor Bad Langensalza

Number: 408

Course: 21.10 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:39:35

Speed: 12.65 km/h

Running performance: 4:43 min/km

Rank in course/Total: 15 (of 67)

Rank in course/Men: 15 (of 56)

Best time in course: 1:18:01

Rank in category: 2(of 8)

Best time in the category: 1:34:28