



20. Hainich-Lauf Mihla

Mihla / 01.05.2014

Detailed evaluation

Heintze, Kai

Club: Hainichläufer

Number: 459

Course: 21.10 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:42:56

Speed: 12.30 km/h

Running performance: 4:53 min/km

Rank in course/Total: 22 (of 67)

Rank in course/Men: 22 (of 56)

Best time in course: 1:18:01

Rank in category: 3(of 5)

Best time in the category: 1:36:06