



## 20. Hainich-Lauf Mihla

Mihla / 01.05.2014

### Detailed evaluation

**Motag, Holger**

Club: Faulunger Muskricken

Number: 466

Course: 21.10 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:45:06

Speed: 11.99 km/h

Running performance: 4:59 min/km

Rank in course/Total: 24 (of 67)

Rank in course/Men: 24 (of 56)

Best time in course: 1:18:01

Rank in category: 4(of 8)

Best time in the category: 1:34:28