



20. Hainich-Lauf Mihla  
Mihla / 01.05.2014

## Detailed evaluation

**Wölfel, Roland**

Club: Stedtfelder Rennsteigfreunde  
Number: 438

Course: 21.10 km  
Halbmarathon

Category:  
Senioren M55 (55-59 Jahre)

Total time: 2:00:16

Speed: 10.48 km/h  
Running performance: 5:42 min/km

Rank in course/Total: 46 (of 67)

Rank in course/Men: 41 (of 56)

Best time in course: 1:18:01

Rank in category: 5(of 7)

Best time in the category: 1:39:38