



20. Hainich-Lauf Mihla

Mihla / 01.05.2014

Detailed evaluation

Trost, Holger

Club: Rennmäuse

Number: 416

Course: 21.10 km

Halbmarathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 2:01:16

Speed: 10.39 km/h

Running performance: 5:45 min/km

Rank in course/Total: 48 (of 67)

Rank in course/Men: 42 (of 56)

Best time in course: 1:18:01

Rank in category: 6(of 7)

Best time in the category: 1:39:38