



## 20. Hainich-Lauf Mihla

Mihla / 01.05.2014

### Detailed evaluation

#### Heilwagen, Rene

Club: Zella-Mehlis

Number: 409

Course: 21.10 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:22:09

Speed: 8.91 km/h

Running performance: 6:44 min/km

Rank in course/Total: 66 (of 67)

Rank in course/Men: 55 (of 56)

Best time in course: 1:18:01

Rank in category: 5(of 5)

Best time in the category: 1:36:06