



20. Hainich-Lauf Mihla

Mihla / 01.05.2014

Detailed evaluation

Seifert, Matthias

Club: FSV Dreußen Bad Lan.

Number: 125

Course: 6.60 km

Kurzstrecke

Category:

Senioren M40 (40-44 Jahre)

Total time: 42:41

Speed: 9.28 km/h

Running performance: 6:28 min/km

Rank in course/Total: 28 (of 31)

Rank in course/Men: 17 (of 20)

Best time in course: 27:00

Rank in category: 4(of 4)

Best time in the category: 28:43