



20. Hainich-Lauf Mihla

Mihla / 01.05.2014

Detailed evaluation

Hesse, Uwe

Club: Physio-k-Hesse

Number: 255

Course: 13.00 km

Mittelstrecke

Category:

Senioren M55 (55-59 Jahre)

Total time: 58:16

Speed: 13.39 km/h

Running performance: 4:29 min/km

Rank in course/Total: 4 (of 59)

Rank in course/Men: 4 (of 47)

Best time in course: 48:54

Rank in category: 1(of 4)

Best time in the category: 58:16