



## 20. Hainich-Lauf Mihla

Mihla / 01.05.2014

### Detailed evaluation

**Noll, Jonas**

Club: Sv Normania Treddurt

Number: 231

Course: 13.00 km

Mittelstrecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:00:31

Speed: 12.89 km/h

Running performance: 4:40 min/km

Rank in course/Total: 11 (of 59)

Rank in course/Men: 11 (of 47)

Best time in course: 48:54

Rank in category: 1(of 8)

Best time in the category: 1:00:31