



20. Hainich-Lauf Mihla

Mihla / 01.05.2014

Detailed evaluation

Grimm, Holger

Club: SV Normania Treffurt

Number: 259

Course: 13.00 km

Mittelstrecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:05:17

Speed: 11.95 km/h

Running performance: 5:01 min/km

Rank in course/Total: 20 (of 59)

Rank in course/Men: 19 (of 47)

Best time in course: 48:54

Rank in category: 4(of 8)

Best time in the category: 1:00:31