



20. Hainich-Lauf Mihla

Mihla / 01.05.2014

Detailed evaluation

Enge, Uwe

Club: TSG Ruhla RSV 03

Number: 256

Course: 13.00 km

Mittelstrecke

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:11:32

Speed: 10.90 km/h

Running performance: 5:30 min/km

Rank in course/Total: 32 (of 59)

Rank in course/Men: 31 (of 47)

Best time in course: 48:54

Rank in category: 3(of 8)

Best time in the category: 55:10