



20. Hainich-Lauf Mihla

Mihla / 01.05.2014

Detailed evaluation

Haag, Heike

Club: SV W Eisenach Triathlon

Number: 254

Course: 13.00 km

Mittelstrecke

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:16:43

Speed: 10.17 km/h

Running performance: 5:54 min/km

Rank in course/Total: 38 (of 59)

Rank in course/Women: 4 (of 12)

Best time in course: 1:04:41

Rank in category: 2(of 3)

Best time in the category: 1:13:04