



21. Hainich-Lauf
Mihla / 01.05.2015

Detailed evaluation

Noack, Ronald

Club: Bosch Eisenach
Number: 215

Course: 13.00 km
Mittelstrecke

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:06:01

Speed: 11.82 km/h
Running performance: 5:05 min/km

Rank in course/Total: 26 (of 58)

Rank in course/Men: 24 (of 45)

Best time in course: 49:21

Rank in category: 4(of 7)

Best time in the category: 55:10