



22. Hainich-Lauf
Mihla / 01.05.2016

Detailed evaluation

Zachen, Frank

Number: 446

Course: 21.10 km
Halbmarathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:14:47

Speed: 9.35 km/h

Running performance: 6:23 min/km

Rank in course/Total: 40 (of 43)

Rank in course/Men: 35 (of 37)

Best time in course: 1:20:06

Rank in category: 5(of 5)

Best time in the category: 1:35:28