



23. Hainich-Lauf
Mihla / 01.05.2017

Detailed evaluation

Aßmann, Holger

Club: Wartburgstadt Eiserner Triathlon
Number: 244

Course: 13.00 km
Mittelstrecke

Category:
Senioren M60 (60-64 Jahre)

Total time: 1:07:15

Speed: 11.60 km/h
Running performance: 5:10 min/km

Rank in course/Total: 22 (of 69)

Rank in course/Men: 22 (of 50)

Best time in course: 53:47

Rank in category: 1(of 2)

Best time in the category: 1:07:15