



25. Hainich-Lauf
Mihla / 01.05.2019

Detailed evaluation

Nehrig, Jöerg

Club: Eisenach
Number: 286

Course: 13.00 km
Mittelstrecke

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:06:35

Speed: 11.71 km/h
Running performance: 5:07 min/km

Rank in course/Total: 20 (of 100)

Rank in course/Men: 19 (of 74)

Best time in course: 50:58

Rank in category: 2(of 9)

Best time in the category: 1:01:55