



25. Hainich-Lauf
Mihla / 01.05.2019

Detailed evaluation

Steinhardt, Ralf

Club: Mühlhausen
Number: 419

Course: 21.10 km
Halbmarathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:00:01

Speed: 10.50 km/h
Running performance: 5:41 min/km

Rank in course/Total: 30 (of 40)

Rank in course/Men: 27 (of 34)

Best time in course: 1:23:39

Rank in category: 5(of 8)

Best time in the category: 1:36:30