

14. Hainichlauf, 2. Wildkatzenlauf 2008 Mihla / 31.05.2008



 Becker, Frank
 □□: 1:29:37

 □□: USV EF
 □□: 14.06 km/h

□□: 426 □□□□: 4:15 min/km

☐: 21.10 km ☐☐☐☐☐☐: 9 (of 85)

Halbmarathon ☐☐☐☐☐☐: 9 (of 75)
☐☐☐☐☐: 1:16:58

| | km | | min/km | - | - | | | km | | min/km | - | - | | |
|-----------|-------|-------|--------|---|------|----|------|-------|---------|--------|---|------|----|-------|
| Kontrolle | 11.20 | 48:18 | 4:18 | 4 | 2:50 | 11 | 5:16 | 11.20 | 48:18 | 4:18 | 3 | 2:50 | 50 | |
| | 9.90 | 41:19 | 4:10 | 3 | 1:36 | 7 | 1:36 | 21.10 | 1:29:37 | 4:14 | 3 | 4:26 | 9 | 12:39 |