



15. Hainich-Lauf  
Mihla / 16.08.2009

## Detailed evaluation

**Fabian, Lämmerhirt**

Club: SV Mihla  
Number: 145

Course: 13.00 km  
Mittelstrecke

Category:  
männliche Jugend A

Total time: 1:08:07

Speed: 11.45 km/h  
Running performance: 5:14 min/km

Rank in course/Total: 40 (of 101)

Rank in course/Men: 38 (of 77)

Best time in course: 51:48

Rank in category: 4(of 5)

Best time in the category: 59:47