



15. Hainich-Lauf  
Mihla / 16.08.2009

## Detailed evaluation

**Tonnecker, Lars**

Club: Bad Berka  
Number: 205

Course: 13.00 km  
Mittelstrecke

Category:  
Männer M35

Total time: 1:09:08

Speed: 11.28 km/h  
Running performance: 5:19 min/km

Rank in course/Total: 46 (of 101)

Rank in course/Men: 43 (of 77)

Best time in course: 51:48

Rank in category: 6(of 7)

Best time in the category: 53:10