



15. Hainich-Lauf  
Mihla / 16.08.2009

## Detailed evaluation

**Dienes, Kay**

Club: Eisenach  
Number: 123

Course: 13.00 km  
Mittelstrecke

Category:  
männliche Jugend A

Total time: 1:12:38

Speed: 10.74 km/h  
Running performance: 5:35 min/km

Rank in course/Total: 57 (of 101)

Rank in course/Men: 50 (of 77)

Best time in course: 51:48

Rank in category: 5(of 5)

Best time in the category: 59:47