



15. Hainich-Lauf  
Mihla / 16.08.2009

## Detailed evaluation

**Schwanz, Rainer**

Club: Rot-Weiß-Scherbda  
Number: 110

Course: 13.00 km  
Mittelstrecke

Category:  
Männer M50

Total time: 1:16:03

Speed: 10.26 km/h  
Running performance: 5:51 min/km

Rank in course/Total: 64 (of 101)

Rank in course/Men: 55 (of 77)

Best time in course: 51:48

Rank in category: 6(of 7)

Best time in the category: 57:44