



15. Hainich-Lauf  
Mihla / 16.08.2009

## Detailed evaluation

**Nävie, Michael**

Club: Kaltensundheim  
Number: 371

Course: 21.10 km  
Halbmarathon

Category:  
Männer M40

Total time: 2:25:07

Speed: 8.68 km/h  
Running performance: 6:53 min/km

Rank in course/Total: 85 (of 87)

Rank in course/Men: 76 (of 76)

Best time in course: 1:18:30

Rank in category: 12(of 12)

Best time in the category: 1:23:15