



15. Hainich-Lauf  
Mihla / 16.08.2009

## Detailed evaluation

**Grund, Thomas**

Club: SV Glückauf Sondershausen  
Number: 25

Course: 6.00 km  
Kurzstrecke

Category:  
Männer M40

Total time: 27:39

Speed: 13.02 km/h  
Running performance: 4:37 min/km

Rank in course/Total: 12 (of 22)

Rank in course/Men: 11 (of 16)

Best time in course: 21:36

Rank in category: 1(of 1)

Best time in the category: 27:39