



15. Hainich-Lauf  
Mihla / 16.08.2009

## Detailed evaluation

**Kramer, Michael**

Club: Laufftreff Breitungen  
Number: 178

Course: 13.00 km  
Mittelstrecke

Category:  
Männer M40

Total time: 1:03:52

Speed: 12.21 km/h  
Running performance: 4:55 min/km

Rank in course/Total: 26 (of 101)

Rank in course/Men: 25 (of 77)

Best time in course: 51:48

Rank in category: 10(of 17)

Best time in the category: 53:34