



17. Hainichlauf  
Mihla / 26.06.2011

## Detailed evaluation

Lange, Lars

Club: Bleicherode  
Number: 217

Course: 13.00 km  
Mittelstrecke

Category:  
Männer M40

Total time: 1:09:58

Speed: 11.15 km/h  
Running performance: 5:23 min/km

Rank in course/Total: 60 (of 98)

Rank in course/Men: 51 (of 72)

Best time in course: 45:40

Rank in category: 9(of 11)

Best time in the category: 55:45