



18. Hainich-Lauf  
Mihla / 01.05.2012

## Detailed evaluation

**Stephan, Guido**

Club: MTV 1860 Erfurt  
Number: 271

Course: 13.00 km  
Mittelstrecke

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:04:06

Speed: 12.17 km/h  
Running performance: 4:56 min/km

Rank in course/Total: 38 (of 102)

Rank in course/Men: 36 (of 82)

Best time in course: 45:06

Rank in category: 9(of 19)

Best time in the category: 53:02