



18. Hainich-Lauf  
Mihla / 01.05.2012

## Detailed evaluation

Henkel, Uwe

Club: SV Thuringia Königsee  
Number: 261

Course: 13.00 km  
Mittelstrecke

Category:  
Senioren M60 (60-64 Jahre)

Total time: 1:15:00

Speed: 10.40 km/h  
Running performance: 5:46 min/km

Rank in course/Total: 74 (of 102)

Rank in course/Men: 62 (of 82)

Best time in course: 45:06

Rank in category: 6(of 7)

Best time in the category: 1:00:07