



18. Hainich-Lauf  
Mihla / 01.05.2012

## Detailed evaluation

**Swiderski, Jan**

Club: Bosch  
Number: 412

Course: 21.10 km  
Halbmarathon

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:43:31

Speed: 12.17 km/h  
Running performance: 4:55 min/km

Rank in course/Total: 15 (of 53)

Rank in course/Men: 13 (of 42)

Best time in course: 1:13:22

Rank in category: 5(of 9)

Best time in the category: 1:29:34