



18. Hainich-Lauf  
Mihla / 01.05.2012

## Detailed evaluation

Heilwagen, René

Club: Ruhla  
Number: 405

Course: 21.10 km  
Halbmarathon

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:57:27

Speed: 10.73 km/h  
Running performance: 5:34 min/km

Rank in course/Total: 32 (of 53)

Rank in course/Men: 30 (of 42)

Best time in course: 1:13:22

Rank in category: 8(of 9)

Best time in the category: 1:29:34