



18. Hainich-Lauf  
Mihla / 01.05.2012

## Detailed evaluation

**Thoma, Manfred**

Club: Lauffreunde Geba  
Number: 295

Course: 13.00 km  
Mittelstrecke

Category:  
Senioren M55 (55-59 Jahre)

Total time: 59:52

Speed: 13.03 km/h  
Running performance: 4:37 min/km

Rank in course/Total: 19 (of 102)

Rank in course/Men: 19 (of 82)

Best time in course: 45:06

Rank in category: 1(of 9)

Best time in the category: 59:52