



18. Hainich-Lauf  
Mihla / 01.05.2012

## Detailed evaluation

Hamsch-Friske, Oliver

Club: USV Erfurt  
Number: 208

Course: 13.00 km  
Mittelstrecke

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:00:59

Speed: 12.79 km/h  
Running performance: 4:41 min/km

Rank in course/Total: 29 (of 102)

Rank in course/Men: 27 (of 82)

Best time in course: 45:06

Rank in category: 7(of 19)

Best time in the category: 53:02