



## 19. Mihlaer Hainichlauf

Mihla / 01.05.2013

### Detailed evaluation

**Rosenbaum, Sebastian**

Club: Eschweger TSV

Number: 283

Course: 6.00 km

Kurzstrecke

Category:

Senioren M30 (30-34 Jahre)

Total time: 21:07

Speed: 17.05 km/h

Running performance: 3:31 min/km

Rank in course/Total: 1 (of 37)

Rank in course/Men: 1 (of 20)

Best time in course: 21:07

Rank in category: 1(of 2)

Best time in the category: 21:07