



20. Hainich-Lauf Mihla  
Mihla / 01.05.2014

## Detailed evaluation

**Friese, Ralph**

Club: Triptis  
Number: 219

Course: 13.00 km  
Mittelstrecke

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:19:06

Speed: 9.86 km/h  
Running performance: 6:05 min/km

Rank in course/Total: 45 (of 59)

Rank in course/Men: 38 (of 47)

Best time in course: 48:54

Rank in category: 7(of 8)

Best time in the category: 1:00:31