



20. Hainich-Lauf Mihla  
Mihla / 01.05.2014

## Detailed evaluation

**Heering, Alexander**

Club: Eisenach  
Number: 402

Course: 21.10 km  
Halbmarathon

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:32:06

Speed: 13.68 km/h  
Running performance: 4:22 min/km

Rank in course/Total: 5 (of 67)

Rank in course/Men: 5 (of 56)

Best time in course: 1:18:01

Rank in category: 2(of 4)

Best time in the category: 1:18:01