



## 20. Hainich-Lauf Mihla

Mihla / 01.05.2014

### Detailed evaluation

**Kranz, Stefan**

Club: Mihla

Number: 223

Course: 13.00 km

Mittelstrecke

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:00:57

Speed: 12.80 km/h

Running performance: 4:41 min/km

Rank in course/Total: 13 (of 59)

Rank in course/Men: 13 (of 47)

Best time in course: 48:54

Rank in category: 4(of 7)

Best time in the category: 59:17