



20. Hainich-Lauf Mihla  
Mihla / 01.05.2014

## Detailed evaluation

**Heinemann, Marcus**

Club: SO Blau Weiss 90 Creuzburg  
Number: 243

Course: 13.00 km  
Mittelstrecke

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:09:01

Speed: 11.30 km/h  
Running performance: 5:19 min/km

Rank in course/Total: 29 (of 59)

Rank in course/Men: 28 (of 47)

Best time in course: 48:54

Rank in category: 7(of 7)

Best time in the category: 59:17