



## 20. Hainich-Lauf Mihla

Mihla / 01.05.2014

### Detailed evaluation

#### Volkenandt, Matthias

Club: Sv Einheit EA

Number: 349

Course: 13.00 km

Mittelstrecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:09:04

Speed: 11.29 km/h

Running performance: 5:19 min/km

Rank in course/Total: 30 (of 59)

Rank in course/Men: 29 (of 47)

Best time in course: 48:54

Rank in category: 6(of 8)

Best time in the category: 1:00:31