



21. Hainich-Lauf  
Mihla / 01.05.2015

## Detailed evaluation

**Morgenweck, Sebastian**

Club: Eisenach  
Number: 229

Course: 13.00 km  
Mittelstrecke

Category:  
Senioren M30 (30-34 Jahre)

Total time: 57:30

Speed: 13.57 km/h  
Running performance: 4:25 min/km

Rank in course/Total: 5 (of 58)

Rank in course/Men: 4 (of 45)

Best time in course: 49:21

Rank in category: 1(of 6)

Best time in the category: 57:30