



21. Hainich-Lauf  
Mihla / 01.05.2015

## Detailed evaluation

**Grimm, Holger**

Club: SV Normania Treffurt  
Number: 258

Course: 13.00 km  
Mittelstrecke

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:03:03

Speed: 12.37 km/h  
Running performance: 4:51 min/km

Rank in course/Total: 19 (of 58)

Rank in course/Men: 18 (of 45)

Best time in course: 49:21

Rank in category: 3(of 6)

Best time in the category: 59:19