



21. Hainich-Lauf  
Mihla / 01.05.2015

## Detailed evaluation

**Fromm, Sebastian**

Club: Heiligenstadt  
Number: 434

Course: 21.10 km  
Halbmarathon

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:48:50

Speed: 11.58 km/h  
Running performance: 5:10 min/km

Rank in course/Total: 20 (of 42)

Rank in course/Men: 19 (of 33)

Best time in course: 1:30:02

Rank in category: 3(of 3)

Best time in the category: 1:34:14