



21. Hainich-Lauf
Mihla / 01.05.2015

Detailed evaluation

Seise, Andreas

Club: Laufteam Seise / Hentrich
Number: 115

Course: 6.60 km
Kurzstrecke

Category:
Senioren M45 (45-49 Jahre)

Total time: 28:58

Speed: 12.43 km/h
Running performance: 4:23 min/km

Rank in course/Total: 8 (of 48)

Rank in course/Men: 8 (of 36)

Best time in course: 23:30

Rank in category: 2(of 5)

Best time in the category: 25:20