



21. Hainich-Lauf  
Mihla / 01.05.2015

## Detailed evaluation

**Appel, Armand**

Club: Regelschule Mihla  
Number: 146

Course: 6.60 km  
Kurzstrecke

Category:  
männliche Jugend U14 (12-13 Jahre)

Total time: 41:58

Speed: 8.58 km/h  
Running performance: 6:22 min/km

Rank in course/Total: 38 (of 48)

Rank in course/Men: 29 (of 36)

Best time in course: 23:30

Rank in category: 3(of 5)

Best time in the category: 32:17