



## 12. Town & Country Rennsteigquerung

Welterbe-Luther-Region / 28.06.2015

### Detailed evaluation

**Lorchheim, Michael**

Club: Bike and Running Group

Number: 236

Course: 21.10 km

Halbmarathon (Lauf)

Category:

Senioren M35

Total time: 1:28:55

Speed: 14.17 km/h

Running performance: 4:13 min/km

Rank in course/Total: 4 (of 79)

Rank in course/Men: 4 (of 64)

Best time in course: 1:15:25

Rank in category: 1(of 5)

Best time in the category: 1:28:55