



22. Hainich-Lauf  
Mihla / 01.05.2016

## Detailed evaluation

**Demme, Florian**

Club: Helbeduendorf  
Number: 232

Course: 13.00 km  
Mittelstrecke

Category:  
Männer (20-29 Jahre)

Total time: 1:16:58

Speed: 10.13 km/h  
Running performance: 5:55 min/km

Rank in course/Total: 32 (of 54)

Rank in course/Men: 26 (of 41)

Best time in course: 50:31

Rank in category: 3(of 3)

Best time in the category: 59:42