



22. Hainich-Lauf  
Mihla / 01.05.2016

## Detailed evaluation

Gehrke, Ulf

Club: Kempo Wutha-Farnroda  
Number: 226

Course: 13.00 km  
Mittelstrecke

Category:  
Senioren M55 (55-59 Jahre)

Total time: 1:18:14

Speed: 9.97 km/h  
Running performance: 6:01 min/km

Rank in course/Total: 36 (of 54)

Rank in course/Men: 29 (of 41)

Best time in course: 50:31

Rank in category: 2(of 2)

Best time in the category: 1:17:22