



22. Hainich-Lauf  
Mihla / 01.05.2016

## Detailed evaluation

Sellmann, Dominique

Number: 418

Course: 21.10 km  
Halbmarathon

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:29:54

Speed: 14.02 km/h

Running performance: 4:16 min/km

Rank in course/Total: 3 (of 43)

Rank in course/Men: 3 (of 37)

Best time in course: 1:20:06

Rank in category: 1(of 4)

Best time in the category: 1:29:54