



22. Hainich-Lauf  
Mihla / 01.05.2016

## Detailed evaluation

**Friedl, Horst**

Club: TSV H6chheim  
Number: 405

Course: 21.10 km  
Halbmarathon

Category:  
Senioren M55 (55-59 Jahre)

Total time: 1:58:39

Speed: 10.62 km/h  
Running performance: 5:37 min/km

Rank in course/Total: 34 (of 43)

Rank in course/Men: 30 (of 37)

Best time in course: 1:20:06

Rank in category: 5(of 6)

Best time in the category: 1:48:50