



23. Hainich-Lauf  
Mihla / 01.05.2017

## Detailed evaluation

Hesse, Uwe

Club: Röblinglaufverein MHL  
Number: 253

Course: 13.00 km  
Mittelstrecke

Category:  
Senioren M55 (55-59 Jahre)

Total time: 1:06:04

Speed: 11.81 km/h  
Running performance: 5:05 min/km

Rank in course/Total: 19 (of 69)

Rank in course/Men: 19 (of 50)

Best time in course: 53:47

Rank in category: 1(of 6)

Best time in the category: 1:06:04