



23. Hainich-Lauf  
Mihla / 01.05.2017

## Detailed evaluation

Frisch, Kay

Club: Laufftreff Breitungen  
Number: 242

Course: 13.00 km  
Mittelstrecke

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:16:07

Speed: 10.25 km/h  
Running performance: 5:52 min/km

Rank in course/Total: 40 (of 69)

Rank in course/Men: 38 (of 50)

Best time in course: 53:47

Rank in category: 6(of 8)

Best time in the category: 1:04:34