



23. Hainich-Lauf  
Mihla / 01.05.2017

## Detailed evaluation

**Herz, Marco**

Club: Bischofroda  
Number: 431

Course: 21.10 km  
Halbmarathon

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:55:15

Speed: 10.93 km/h  
Running performance: 5:28 min/km

Rank in course/Total: 31 (of 48)

Rank in course/Men: 28 (of 42)

Best time in course: 1:22:01

Rank in category: 7(of 10)

Best time in the category: 1:32:59