



23. Hainich-Lauf  
Mihla / 01.05.2017

## Detailed evaluation

Lorenz, Frank

Club: Sole-Runners  
Number: 426

Course: 21.10 km  
Halbmarathon

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:02:13

Speed: 10.31 km/h  
Running performance: 5:47 min/km

Rank in course/Total: 38 (of 48)

Rank in course/Men: 34 (of 42)

Best time in course: 1:22:01

Rank in category: 10(of 10)

Best time in the category: 1:32:59