



23. Hainich-Lauf  
Mihla / 01.05.2017

## Detailed evaluation

**Schwan, Ralf**

Club: ASV Erfurt  
Number: 127

Course: 6.60 km  
Kurzstrecke

Category:  
Senioren M55 (55-59 Jahre)

Total time: 31:09

Speed: 11.56 km/h  
Running performance: 4:43 min/km

Rank in course/Total: 11 (of 46)

Rank in course/Men: 7 (of 25)

Best time in course: 24:47

Rank in category: 1(of 1)

Best time in the category: 31:09