



24. Hainich-Lauf  
Mihla / 01.05.2018

## Detailed evaluation

**Schrader, Rainer**

Club: Grünes Band Thüringen  
Number: 144

Course: 6.60 km  
Kurzstrecke

Category:  
Senioren M55 (55-59 Jahre)

Total time: 42:46

Speed: 8.42 km/h  
Running performance: 6:29 min/km

Rank in course/Total: 38 (of 58)

Rank in course/Men: 24 (of 29)

Best time in course: 26:09

Rank in category: 1(of 1)

Best time in the category: 42:46