



24. Hainich-Lauf  
Mihla / 01.05.2018

## Detailed evaluation

**Koch, Dominik**

Club: Rennsteiglaufverein LG Süd  
Number: 268

Course: 13.00 km  
Mittelstrecke

Category:  
Senioren M45 (45-49 Jahre)

Total time: 53:30

Speed: 14.58 km/h  
Running performance: 4:07 min/km

Rank in course/Total: 2 (of 89)

Rank in course/Men: 2 (of 60)

Best time in course: 52:14

Rank in category: 1(of 13)

Best time in the category: 53:30