



24. Hainich-Lauf  
Mihla / 01.05.2018

## Detailed evaluation

**Heering, Alexander**

Club: Eisenacher SSV  
Number: 260

Course: 13.00 km  
Mittelstrecke

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:01:46

Speed: 12.63 km/h  
Running performance: 4:45 min/km

Rank in course/Total: 16 (of 89)

Rank in course/Men: 14 (of 60)

Best time in course: 52:14

Rank in category: 1(of 8)

Best time in the category: 1:01:46