



24. Hainich-Lauf  
Mihla / 01.05.2018

## Detailed evaluation

**Simon, Holger**

Club: Schmalkalden  
Number: 263

Course: 13.00 km  
Mittelstrecke

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:08:23

Speed: 11.41 km/h  
Running performance: 5:16 min/km

Rank in course/Total: 33 (of 89)

Rank in course/Men: 28 (of 60)

Best time in course: 52:14

Rank in category: 4(of 8)

Best time in the category: 1:01:46