



24. Hainich-Lauf  
Mihla / 01.05.2018

## Detailed evaluation

**THOMAS, Frank**

Club: LAV Saale Rennsteig  
Number: 235

Course: 13.00 km  
Mittelstrecke

Category:  
Senioren M50 (50-54 Jahre)

Total time: 1:08:40

Speed: 11.36 km/h  
Running performance: 5:17 min/km

Rank in course/Total: 35 (of 89)

Rank in course/Men: 30 (of 60)

Best time in course: 52:14

Rank in category: 4(of 5)

Best time in the category: 54:52