



24. Hainich-Lauf  
Mihla / 01.05.2018

## Detailed evaluation

**Groß, Uwe**

Club: SV Diedorf  
Number: 249

Course: 13.00 km  
Mittelstrecke

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:15:36

Speed: 10.32 km/h  
Running performance: 5:49 min/km

Rank in course/Total: 53 (of 89)

Rank in course/Men: 42 (of 60)

Best time in course: 52:14

Rank in category: 9(of 13)

Best time in the category: 53:30