



25. Hainich-Lauf  
Mihla / 01.05.2019

## Detailed evaluation

Richter, Dirk

Number: 123

Course: 6.60 km  
Kurzstrecke

Category:  
Senioren M45 (45-49 Jahre)

Total time: 38:56

Speed: 9.25 km/h

Running performance: 5:54 min/km

Rank in course/Total: 22 (of 47)

Rank in course/Men: 12 (of 21)

Best time in course: 24:57

Rank in category: 3(of 3)

Best time in the category: 25:11