



25. Hainich-Lauf  
Mihla / 01.05.2019

## Detailed evaluation

**Schröder, Sebastian**

Club: lauterbach  
Number: 119

Course: 6.60 km  
Kurzstrecke

Category:  
Senioren M35 (35-39 Jahre)

Total time: 39:38

Speed: 9.08 km/h  
Running performance: 6:01 min/km

Rank in course/Total: 24 (of 47)

Rank in course/Men: 13 (of 21)

Best time in course: 24:57

Rank in category: 2(of 3)

Best time in the category: 26:10