



25. Hainich-Lauf  
Mihla / 01.05.2019

## Detailed evaluation

**Guske, Ralf**

Club: Eisenach

Number: 103

Course: 6.60 km

Kurzstrecke

Category:

Senioren M50 (50-54 Jahre)

Total time: 46:47

Speed: 7.70 km/h

Running performance: 7:05 min/km

Rank in course/Total: 44 (of 47)

Rank in course/Men: 21 (of 21)

Best time in course: 24:57

Rank in category: 1(of 1)

Best time in the category: 46:47