



25. Hainich-Lauf  
Mihla / 01.05.2019

## Detailed evaluation

**Spangenberg, Andreas**

Club: 1. Eichsfelder Sportclub  
Number: 271

Course: 13.00 km  
Mittelstrecke

Category:  
Senioren M35 (35-39 Jahre)

Total time: 1:00:13

Speed: 12.95 km/h  
Running performance: 4:38 min/km

Rank in course/Total: 7 (of 100)

Rank in course/Men: 7 (of 74)

Best time in course: 50:58

Rank in category: 4(of 13)

Best time in the category: 55:19