



25. Hainich-Lauf  
Mihla / 01.05.2019

## Detailed evaluation

**Thomas, Christian**

Club: LAV Saale-Rennsteig  
Number: 259

Course: 13.00 km  
Mittelstrecke

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:05:14

Speed: 11.96 km/h  
Running performance: 5:01 min/km

Rank in course/Total: 18 (of 100)

Rank in course/Men: 17 (of 74)

Best time in course: 50:58

Rank in category: 1(of 5)

Best time in the category: 1:05:14