



25. Hainich-Lauf  
Mihla / 01.05.2019

## Detailed evaluation

**Thomas, Frank**

Club: LAV Saale-Rennsteig  
Number: 258

Course: 13.00 km  
Mittelstrecke

Category:  
Senioren M55 (55-59 Jahre)

Total time: 1:07:17

Speed: 11.59 km/h  
Running performance: 5:11 min/km

Rank in course/Total: 21 (of 100)

Rank in course/Men: 20 (of 74)

Best time in course: 50:58

Rank in category: 3(of 8)

Best time in the category: 1:01:57