



25. Hainich-Lauf
Mihla / 01.05.2019

Detailed evaluation

Hähnlein, Sebastian

Club: Laufftreff Friedrichroda
Number: 280

Course: 13.00 km
Mittelstrecke

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:10:53

Speed: 11.00 km/h
Running performance: 5:27 min/km

Rank in course/Total: 34 (of 100)

Rank in course/Men: 31 (of 74)

Best time in course: 50:58

Rank in category: 3(of 5)

Best time in the category: 1:05:14