



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