



25. Hainich-Lauf  
Mihla / 01.05.2019

## Detailed evaluation

Lohfing, Thomas

Club: BRC Thueringen  
Number: 269

Course: 13.00 km  
Mittelstrecke

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:12:29

Speed: 10.76 km/h  
Running performance: 5:35 min/km

Rank in course/Total: 40 (of 100)

Rank in course/Men: 36 (of 74)

Best time in course: 50:58

Rank in category: 6(of 10)

Best time in the category: 57:05