



25. Hainich-Lauf  
Mihla / 01.05.2019

## Detailed evaluation

**Krüger, Lars**

Club: LAV Saale- Rennsteig  
Number: 241

Course: 13.00 km  
Mittelstrecke

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:26:54

Speed: 8.98 km/h  
Running performance: 6:41 min/km

Rank in course/Total: 80 (of 100)

Rank in course/Men: 64 (of 74)

Best time in course: 50:58

Rank in category: 9(of 10)

Best time in the category: 57:05