



25. Hainich-Lauf  
Mihla / 01.05.2019

## Detailed evaluation

**Rikirsch, Roland**

Club: Creuzburg  
Number: 311

Course: 13.00 km  
Mittelstrecke

Category:  
Senioren M75 (75-79 Jahre)

Total time: 1:27:46

Speed: 8.89 km/h  
Running performance: 6:45 min/km

Rank in course/Total: 82 (of 100)

Rank in course/Men: 66 (of 74)

Best time in course: 50:58

Rank in category: 1(of 2)

Best time in the category: 1:27:46