



25. Hainich-Lauf  
Mihla / 01.05.2019

## Detailed evaluation

**Grimmer, Stephan**

Club: Waltershausen  
Number: 232

Course: 13.00 km  
Mittelstrecke

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:30:31

Speed: 8.62 km/h  
Running performance: 6:58 min/km

Rank in course/Total: 85 (of 100)

Rank in course/Men: 68 (of 74)

Best time in course: 50:58

Rank in category: 8(of 8)

Best time in the category: 1:01:55