



25. Hainich-Lauf  
Mihla / 01.05.2019

## Detailed evaluation

**Heering, Alexander**

Club: Herleshausen  
Number: 426

Course: 21.10 km  
Halbmarathon

Category:  
Senioren M35 (35-39 Jahre)

Total time: 1:41:11

Speed: 12.45 km/h  
Running performance: 4:48 min/km

Rank in course/Total: 12 (of 40)

Rank in course/Men: 12 (of 34)

Best time in course: 1:23:39

Rank in category: 3(of 5)

Best time in the category: 1:33:33