



25. Hainich-Lauf  
Mihla / 01.05.2019

## Detailed evaluation

Göcking, Thomas

Club: Wartburg- Sparkasse  
Number: 440

Course: 21.10 km  
Halbmarathon

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:01:58

Speed: 10.33 km/h  
Running performance: 5:47 min/km

Rank in course/Total: 31 (of 40)

Rank in course/Men: 28 (of 34)

Best time in course: 1:23:39

Rank in category: 6(of 8)

Best time in the category: 1:36:30