



25. Hainich-Lauf  
Mihla / 01.05.2019

## Detailed evaluation

**Koch, Dominik**

Club: RLV / LG Süd  
Number: 134

Course: 6.60 km  
Kurzstrecke

Category:  
Senioren M45 (45-49 Jahre)

Total time: 25:11

Speed: 14.30 km/h  
Running performance: 3:49 min/km

Rank in course/Total: 2 (of 47)

Rank in course/Men: 2 (of 21)

Best time in course: 24:57

Rank in category: 1(of 3)

Best time in the category: 25:11