



2. Herzog-Georg Lauf  
Meiningen / 15.06.2013

Detailed evaluation

Schrader, Bernd

Club: Lauffreunde Geba  
Number: 4064

Course: 12.00 km  
Hauptlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 46:58

Speed: 15.33 km/h  
Running performance: 3:55 min/km

Rank in course/Total: 5 (of 127)

Rank in course/Men: 5 (of 87)

Best time in course: 44:12

Rank in category: 1(of 13)

Best time in the category: 46:58