



2. Herzog-Georg Lauf  
Meiningen / 15.06.2013

Detailed evaluation

Arnhold, Erhard

Club: fit & run Weimar  
Number: 4083

Course: 12.00 km  
Hauptlauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 48:57

Speed: 14.71 km/h  
Running performance: 4:05 min/km

Rank in course/Total: 11 (of 127)

Rank in course/Men: 11 (of 87)

Best time in course: 44:12

Rank in category: 1(of 7)

Best time in the category: 48:57