



2. Herzog-Georg Lauf  
Meiningen / 15.06.2013

Detailed evaluation

Hamm, Silvio

Club: Lauffreunde Geba  
Number: 4036

Course: 12.00 km  
Hauptlauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 49:25

Speed: 14.57 km/h  
Running performance: 4:07 min/km

Rank in course/Total: 14 (of 127)

Rank in course/Men: 14 (of 87)

Best time in course: 44:12

Rank in category: 2(of 11)

Best time in the category: 47:54