



2. Herzog-Georg Lauf  
Meiningen / 15.06.2013

Detailed evaluation

Rust, Thomas

Club: RSV Blau-Weiss Meiningen  
Number: 4089

Course: 12.00 km  
Hauptlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 52:03

Speed: 13.83 km/h  
Running performance: 4:20 min/km

Rank in course/Total: 20 (of 127)

Rank in course/Men: 20 (of 87)

Best time in course: 44:12

Rank in category: 2(of 13)

Best time in the category: 46:58