



2. Herzog-Georg Lauf  
Meiningen / 15.06.2013

Detailed evaluation

Spiegel, Christian

Club: Meininger Bratwurst  
Number: 4117

Course: 12.00 km  
Hauptlauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 54:53

Speed: 13.12 km/h  
Running performance: 4:34 min/km

Rank in course/Total: 41 (of 127)

Rank in course/Men: 37 (of 87)

Best time in course: 44:12

Rank in category: 5(of 7)

Best time in the category: 45:43