



2. Herzog-Georg Lauf  
Meiningen / 15.06.2013

Detailed evaluation

**Pechholz, Frank**

Club: Pechholz/Müller  
Number: 4066

Course: 12.00 km  
Hauptlauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 56:06

Speed: 12.83 km/h  
Running performance: 4:41 min/km

Rank in course/Total: 49 (of 127)

Rank in course/Men: 45 (of 87)

Best time in course: 44:12

Rank in category: 3(of 7)

Best time in the category: 48:57