



3. Herzog-Georg-Lauf  
Meiningen / 12.07.2014

Detailed evaluation

Dach, Markus

Club: TSV Stockheim  
Number: 108

Course: 12.00 km  
Hauptlauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 47:09

Speed: 15.27 km/h  
Running performance: 3:56 min/km

Rank in course/Total: 5 (of 110)

Rank in course/Men: 5 (of 79)

Best time in course: 44:18

Rank in category: 1(of 9)

Best time in the category: 47:09