



3. Herzog-Georg-Lauf  
Meiningen / 12.07.2014

Detailed evaluation

**Keppler, Bernd**

Club: Meininger Waldläufer  
Number: 103

Course: 12.00 km  
Hauptlauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 47:47

Speed: 15.07 km/h  
Running performance: 3:59 min/km

Rank in course/Total: 7 (of 110)

Rank in course/Men: 7 (of 79)

Best time in course: 44:18

Rank in category: 1(of 8)

Best time in the category: 47:47