



3. Herzog-Georg-Lauf
Meiningen / 12.07.2014

Detailed evaluation

Fritzlar, Lars

Club: Fritzlar/Schmidt - werraabwärts Runners
Number: 18

Course: 12.00 km
Hauptlauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 49:57

Speed: 14.41 km/h
Running performance: 4:10 min/km

Rank in course/Total: 13 (of 110)

Rank in course/Men: 13 (of 79)

Best time in course: 44:18

Rank in category: 4(of 11)

Best time in the category: 44:47