



3. Herzog-Georg-Lauf
Meiningen / 12.07.2014

Detailed evaluation

Arnhold, Erhard

Club: fit & run Weimar
Number: 2

Course: 12.00 km
Hauptlauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 50:45

Speed: 14.19 km/h
Running performance: 4:14 min/km

Rank in course/Total: 14 (of 110)

Rank in course/Men: 14 (of 79)

Best time in course: 44:18

Rank in category: 1(of 4)

Best time in the category: 50:45