



3. Herzog-Georg-Lauf  
Meiningen / 12.07.2014

Detailed evaluation

Hamm, Silvio

Club: Lauffreunde Geba  
Number: 22

Course: 12.00 km  
Hauptlauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 52:36

Speed: 13.69 km/h  
Running performance: 4:23 min/km

Rank in course/Total: 19 (of 110)

Rank in course/Men: 19 (of 79)

Best time in course: 44:18

Rank in category: 5(of 11)

Best time in the category: 44:47