



3. Herzog-Georg-Lauf
Meiningen / 12.07.2014

Detailed evaluation

König, Olaf

Club: Rennsteiglaufverein
Number: 46

Course: 12.00 km
Hauptlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 53:02

Speed: 13.58 km/h
Running performance: 4:25 min/km

Rank in course/Total: 21 (of 110)

Rank in course/Men: 21 (of 79)

Best time in course: 44:18

Rank in category: 2(of 13)

Best time in the category: 51:35