



3. Herzog-Georg-Lauf  
Meiningen / 12.07.2014

Detailed evaluation

Helmerich, Alexander

Club: Obermaßfeld  
Number: 25

Course: 12.00 km  
Hauptlauf

Category:  
Männer (20-29 Jahre)

Total time: 54:34

Speed: 13.19 km/h  
Running performance: 4:33 min/km

Rank in course/Total: 27 (of 110)

Rank in course/Men: 25 (of 79)

Best time in course: 44:18

Rank in category: 4(of 10)

Best time in the category: 44:18