



3. Herzog-Georg-Lauf  
Meiningen / 12.07.2014

Detailed evaluation

Spiegel, Christian

Club: Lauffreunde Zimmermann  
Number: 112

Course: 12.00 km  
Hauptlauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 55:30

Speed: 12.97 km/h  
Running performance: 4:37 min/km

Rank in course/Total: 35 (of 110)

Rank in course/Men: 32 (of 79)

Best time in course: 44:18

Rank in category: 6(of 15)

Best time in the category: 44:35