



3. Herzog-Georg-Lauf
Meiningen / 12.07.2014

Detailed evaluation

Helbing, Thomas

Number: 116

Course: 12.00 km

Hauptlauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 55:58

Speed: 12.86 km/h

Running performance: 4:40 min/km

Rank in course/Total: 38 (of 110)

Rank in course/Men: 35 (of 79)

Best time in course: 44:18

Rank in category: 5(of 9)

Best time in the category: 47:09