



3. Herzog-Georg-Lauf
Meiningen / 12.07.2014

Detailed evaluation

Lanzendörfer, Uwe

Club: SV 01 Empor Dreißigacker
Number: 48

Course: 12.00 km
Hauptlauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 56:16

Speed: 12.80 km/h
Running performance: 4:41 min/km

Rank in course/Total: 39 (of 110)

Rank in course/Men: 36 (of 79)

Best time in course: 44:18

Rank in category: 8(of 15)

Best time in the category: 44:35