



3. Herzog-Georg-Lauf  
Meiningen / 12.07.2014

Detailed evaluation

Amstein, Thomas

Club: Lauffreß Breitungen

Number: 1

Course: 12.00 km

Hauptlauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:00:06

Speed: 11.98 km/h

Running performance: 5:01 min/km

Rank in course/Total: 52 (of 110)

Rank in course/Men: 45 (of 79)

Best time in course: 44:18

Rank in category: 7(of 8)

Best time in the category: 47:47