



3. Herzog-Georg-Lauf  
Meiningen / 12.07.2014

Detailed evaluation

**Stapf, Guido**

Club: TSV H ochheim  
Number: 97

Course: 12.00 km  
Hauptlauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:01:18

Speed: 11.75 km/h  
Running performance: 5:07 min/km

Rank in course/Total: 55 (of 110)

Rank in course/Men: 48 (of 79)

Best time in course: 44:18

Rank in category: 8(of 11)

Best time in the category: 44:47