



3. Herzog-Georg-Lauf  
Meiningen / 12.07.2014

Detailed evaluation

Lange, Heiko

Club: Lauffreunde Zimmermann  
Number: 100

Course: 12.00 km  
Hauptlauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 1:02:50

Speed: 11.46 km/h  
Running performance: 5:14 min/km

Rank in course/Total: 64 (of 110)

Rank in course/Men: 54 (of 79)

Best time in course: 44:18

Rank in category: 8(of 8)

Best time in the category: 47:47