



3. Herzog-Georg-Lauf
Meiningen / 12.07.2014

Detailed evaluation

Tirschmann, Jan

Club: Wasserfreunde
Number: 107

Course: 12.00 km
Hauptlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:06:42

Speed: 10.79 km/h
Running performance: 5:34 min/km

Rank in course/Total: 76 (of 110)

Rank in course/Men: 61 (of 79)

Best time in course: 44:18

Rank in category: 9(of 13)

Best time in the category: 51:35