



3. Herzog-Georg-Lauf
Meiningen / 12.07.2014

Detailed evaluation

Posniak, Jörg

Club: Straußfurt

Number: 197

Course: 4.00 km

Jedermann-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 20:33

Speed: 11.68 km/h

Running performance: 5:08 min/km

Rank in course/Total: 21 (of 68)

Rank in course/Men: 18 (of 40)

Best time in course: 15:44

Rank in category: 2(of 3)

Best time in the category: 20:02