



3. Herzog-Georg-Lauf
Meiningen / 12.07.2014

Detailed evaluation

Heim, Stefan

Club: KSZU Meiningen

Number: 231

Course: 4.00 km

Jedermann-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 22:11

Speed: 10.82 km/h

Running performance: 5:33 min/km

Rank in course/Total: 33 (of 68)

Rank in course/Men: 21 (of 40)

Best time in course: 15:44

Rank in category: 2(of 4)

Best time in the category: 18:17