



3. Herzog-Georg-Lauf
Meiningen / 12.07.2014

Detailed evaluation

Thomas, Silvio

Club: Lebenshilfe Meinungen e.V.
Number: 216

Course: 4.00 km
Jedermann-Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 22:19

Speed: 10.75 km/h
Running performance: 5:35 min/km

Rank in course/Total: 34 (of 68)

Rank in course/Men: 23 (of 40)

Best time in course: 15:44

Rank in category: 2(of 3)

Best time in the category: 20:29