



Herzog-Georg-Nachtlauf  
Meiningen / 13.06.2015

## Detailed evaluation

**Nahrstedt, Daniel**

Club: Meiningen  
Number: 205

Course: 4.00 km  
Jedermann-Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 19:40

Speed: 12.20 km/h  
Running performance: 4:55 min/km

Rank in course/Total: 48 (of 215)

Rank in course/Men: 42 (of 136)

Best time in course: 14:34

Rank in category: 6(of 13)

Best time in the category: 14:40