



Herzog-Georg-Nachtlauf
Meiningen / 13.06.2015

Detailed evaluation

Rüdiger, Alexander

Club: Meiningen
Number: 226

Course: 4.00 km
Jedermann-Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 24:17

Speed: 9.88 km/h
Running performance: 6:04 min/km

Rank in course/Total: 152 (of 215)

Rank in course/Men: 107 (of 136)

Best time in course: 14:34

Rank in category: 12(of 18)

Best time in the category: 14:34