



Herzog-Georg-Nachtlauf  
Meiningen / 13.06.2015

## Detailed evaluation

Ihme, Holger

Club: Mengersgereuth-Hämmern  
Number: 441

Course: 12.00 km  
Hauptlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:07:49

Speed: 10.62 km/h  
Running performance: 5:39 min/km

Rank in course/Total: 86 (of 120)

Rank in course/Men: 78 (of 94)

Best time in course: 44:01

Rank in category: 10(of 12)

Best time in the category: 51:32