



Herzog-Georg-Nachtlauf
Meiningen / 13.06.2015

Detailed evaluation

Mey, Frank

Club: MSC Walldorf
Number: 398

Course: 4.00 km
Jedermann-Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 18:49

Speed: 12.75 km/h
Running performance: 4:42 min/km

Rank in course/Total: 31 (of 215)

Rank in course/Men: 29 (of 136)

Best time in course: 14:34

Rank in category: 3(of 21)

Best time in the category: 17:50