



Herzog-Georg-Nachtlauf  
Meiningen / 13.06.2015

## Detailed evaluation

Lang, Thomas

Club: SV 01 Empor Dreiigacker  
Number: 292

Course: 4.00 km  
Jedermann-Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 20:15

Speed: 11.85 km/h  
Running performance: 5:04 min/km

Rank in course/Total: 59 (of 215)

Rank in course/Men: 52 (of 136)

Best time in course: 14:34

Rank in category: 7(of 13)

Best time in the category: 14:40