



Herzog-Georg-Nachtlauf  
Meiningen / 13.06.2015

## Detailed evaluation

**Hellmuth, Silvio**

Club: SV 01 Empor Dreiigacker  
Number: 165

Course: 4.00 km  
Jedermann-Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 21:09

Speed: 11.35 km/h  
Running performance: 5:17 min/km

Rank in course/Total: 90 (of 215)

Rank in course/Men: 72 (of 136)

Best time in course: 14:34

Rank in category: 3(of 9)

Best time in the category: 20:07