



Herzog-Georg-Nachtlauf  
Meiningen / 13.06.2015

## Detailed evaluation

**Lanzendörfer, Uwe**

Club: SV 01 Empor Dreißigacker  
Number: 195

Course: 4.00 km  
Jedermann-Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 28:52

Speed: 8.31 km/h  
Running performance: 7:13 min/km

Rank in course/Total: 202 (of 215)

Rank in course/Men: 130 (of 136)

Best time in course: 14:34

Rank in category: 17(of 18)

Best time in the category: 14:34