



Herzog-Georg-Nachtlauf  
Meiningen / 13.06.2015

## Detailed evaluation

**Volk, Mario**

Club: SV 01 Empor Dreißigacker  
Number: 494

Course: 12.00 km  
Hauptlauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 54:03

Speed: 13.32 km/h  
Running performance: 4:30 min/km

Rank in course/Total: 18 (of 120)

Rank in course/Men: 16 (of 94)

Best time in course: 44:01

Rank in category: 6(of 14)

Best time in the category: 45:27