



Herzog-Georg-Nachtlauf  
Meiningen / 13.06.2015

Detailed evaluation

Held, Alexander

Club: SV Schmalkalden 04  
Number: 432

Course: 12.00 km  
Hauptlauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 49:22

Speed: 14.58 km/h  
Running performance: 4:07 min/km

Rank in course/Total: 6 (of 120)

Rank in course/Men: 6 (of 94)

Best time in course: 44:01

Rank in category: 3(of 14)

Best time in the category: 45:27