



Herzog-Georg-Nachtlauf
Meiningen / 13.06.2015

Detailed evaluation

Heim, Stefan

Club: Kampfsport
Number: 161

Course: 4.00 km
Jedermann-Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 20:48

Speed: 11.54 km/h
Running performance: 5:12 min/km

Rank in course/Total: 81 (of 215)

Rank in course/Men: 67 (of 136)

Best time in course: 14:34

Rank in category: 8(of 21)

Best time in the category: 17:50