



Herzog-Georg-Nachtlauf
Meiningen / 13.06.2015

Detailed evaluation

Thomas, Silvio

Club: Lebenshilfe Meiningen eV
Number: 111

Course: 4.00 km
Jedermann-Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 22:06

Speed: 10.86 km/h
Running performance: 5:31 min/km

Rank in course/Total: 118 (of 215)

Rank in course/Men: 89 (of 136)

Best time in course: 14:34

Rank in category: 10(of 13)

Best time in the category: 14:40