



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Barf, Holger

Club: SV 1899 Mühlhausen

Number: 1813

Course: 5.50 km

Geländelauf

Category:

Männer M40

Total time: 21:28

Speed: 13.98 km/h

Running performance: 3:54 min/km

Rank in course/Total: 5 (of 78)

Rank in course/Men: 5 (of 45)

Best time in course: 19:33

Rank in category: 1(of 2)

Best time in the category: 21:28