



6. Trefffurter Stadtlauf
Treffurt / 12.09.2009

Detailed evaluation

Schelhase, Sascha

Club: Falken
Number: 1865

Course: 5.50 km
Geländelauf

Category:
männliche Jugend B

Total time: 26:17

Speed: 11.41 km/h
Running performance: 4:47 min/km

Rank in course/Total: 15 (of 78)

Rank in course/Men: 11 (of 45)

Best time in course: 19:33

Rank in category: 3(of 4)

Best time in the category: 19:56