



6. Trefffurter Stadtlauf
Treffurt / 12.09.2009

Detailed evaluation

Grimm, Ulf

Club: SV Normania Treffurt
Number: 1857

Course: 5.50 km
Geländelauf

Category:
Männer M55

Total time: 29:46

Speed: 10.08 km/h
Running performance: 5:25 min/km

Rank in course/Total: 31 (of 78)

Rank in course/Men: 20 (of 45)

Best time in course: 19:33

Rank in category: 2(of 3)

Best time in the category: 25:16