



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Krohe, Günther

Club: SV Normania Treffurt

Number: 1870

Course: 5.50 km

Geländelauf

Category:

Männer M45

Total time: 31:10

Speed: 9.63 km/h

Running performance: 5:40 min/km

Rank in course/Total: 39 (of 78)

Rank in course/Men: 25 (of 45)

Best time in course: 19:33

Rank in category: 2(of 2)

Best time in the category: 30:42