



8. Trefffurter Stadtlauf
Treffurt / 10.09.2011

Detailed evaluation

Becher, Ronald

Club: Isseroda
Number: 3207

Course: 10.60 km
Geländelauf lang

Category:
Männer M45

Total time: 46:09

Speed: 13.00 km/h
Running performance: 4:21 min/km

Rank in course/Total: 45 (of 199)

Rank in course/Men: 45 (of 160)

Best time in course: 35:07

Rank in category: 9(of 36)

Best time in the category: 39:43