



9. Trefffurter Stadtlauf
Treffurt / 15.09.2012

Detailed evaluation

Koch, Dr. Markus

Club: TV 1848 Coburg
Number: 2904

Course: 10.60 km
Geländelauf lang

Category:
Senioren M30 (30-34 Jahre)

Total time: 37:56

Speed: 15.82 km/h
Running performance: 3:35 min/km

Rank in course/Total: 7 (of 190)

Rank in course/Men: 7 (of 151)

Best time in course: 34:15

Rank in category: 2(of 7)

Best time in the category: 36:26