



9. Trefffurter Stadtlauf
Treffurt / 15.09.2012

Detailed evaluation

Becher, Ronald

Club: Isseroda
Number: 3251

Course: 10.60 km
Geländelauf lang

Category:
Senioren M45 (45-49 Jahre)

Total time: 43:31

Speed: 13.79 km/h
Running performance: 4:07 min/km

Rank in course/Total: 28 (of 190)

Rank in course/Men: 27 (of 151)

Best time in course: 34:15

Rank in category: 4(of 23)

Best time in the category: 41:33