



9. Trefffurter Stadtlauf  
Treffurt / 15.09.2012

Detailed evaluation

Steinwachs, Bert

Club: SV Normania Treffurt  
Number: 2972

Course: 10.60 km  
Geländelauf lang

Category:  
Senioren M35 (35-39 Jahre)

Total time: 44:02

Speed: 13.63 km/h  
Running performance: 4:09 min/km

Rank in course/Total: 30 (of 190)

Rank in course/Men: 29 (of 151)

Best time in course: 34:15

Rank in category: 4(of 10)

Best time in the category: 36:57