



9. Trefffurter Stadtlauf
Treffurt / 15.09.2012

Detailed evaluation

Mierke, Stephan

Club: WSV Beverungen
Number: 2820

Course: 10.60 km
Geländelauf lang

Category:
Senioren M40 (40-44 Jahre)

Total time: 44:13

Speed: 13.57 km/h
Running performance: 4:10 min/km

Rank in course/Total: 32 (of 190)

Rank in course/Men: 31 (of 151)

Best time in course: 34:15

Rank in category: 6(of 27)

Best time in the category: 41:23