



9. Trefffurter Stadtlauf

Treffurt / 15.09.2012

Detailed evaluation

Beyer, Steffen

Club: VfL 28 Ellrich

Number: 2856

Course: 10.60 km

Geländelauf lang

Category:

Senioren M45 (45-49 Jahre)

Total time: 46:13

Speed: 12.98 km/h

Running performance: 4:22 min/km

Rank in course/Total: 43 (of 190)

Rank in course/Men: 40 (of 151)

Best time in course: 34:15

Rank in category: 8(of 23)

Best time in the category: 41:33