



9. Trefffurter Stadtlauf

Treffurt / 15.09.2012

Detailed evaluation

Pawlow, Kamen

Club: FSV 1950 Gotha eV

Number: 2896

Course: 10.60 km

Geländelauf lang

Category:

Senioren M50 (50-54 Jahre)

Total time: 46:27

Speed: 12.92 km/h

Running performance: 4:23 min/km

Rank in course/Total: 46 (of 190)

Rank in course/Men: 43 (of 151)

Best time in course: 34:15

Rank in category: 7(of 23)

Best time in the category: 42:56