



## 9. Trefffurter Stadtlauf

Treffurt / 15.09.2012

### Detailed evaluation

**Heinzeroth, Jörg**

Club: Werratal Runners

Number: 3115

Course: 10.60 km

Geländelauf lang

Category:

Senioren M40 (40-44 Jahre)

Total time: 48:45

Speed: 12.31 km/h

Running performance: 4:36 min/km

Rank in course/Total: 66 (of 190)

Rank in course/Men: 62 (of 151)

Best time in course: 34:15

Rank in category: 15(of 27)

Best time in the category: 41:23