



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