



9. Trefffurter Stadtlauf  
Treffurt / 15.09.2012

Detailed evaluation

Thomas, Jörg

Club: Lauffreunde Gotha  
Number: 2841

Course: 10.60 km  
Geländelauf lang

Category:  
Senioren M45 (45-49 Jahre)

Total time: 48:55

Speed: 12.27 km/h  
Running performance: 4:37 min/km

Rank in course/Total: 68 (of 190)

Rank in course/Men: 64 (of 151)

Best time in course: 34:15

Rank in category: 13(of 23)

Best time in the category: 41:33