



9. Trefffurter Stadtlauf
Treffurt / 15.09.2012

Detailed evaluation

Aßmann, Holger

Club: Triathlon Jena

Number: 2945

Course: 10.60 km

Geländelauf lang

Category:

Senioren M55 (55-59 Jahre)

Total time: 49:10

Speed: 12.20 km/h

Running performance: 4:38 min/km

Rank in course/Total: 75 (of 190)

Rank in course/Men: 71 (of 151)

Best time in course: 34:15

Rank in category: 3(of 10)

Best time in the category: 46:29