



9. Trefffurter Stadtlauf
Treffurt / 15.09.2012

Detailed evaluation

Speck, Wilfried

Club: SV Hitzerode
Number: 2913

Course: 10.60 km
Geländelauf lang

Category:
Senioren M55 (55-59 Jahre)

Total time: 50:20

Speed: 11.92 km/h
Running performance: 4:45 min/km

Rank in course/Total: 82 (of 190)

Rank in course/Men: 75 (of 151)

Best time in course: 34:15

Rank in category: 4(of 10)

Best time in the category: 46:29