



9. Trefffurter Stadtlauf  
Treffurt / 15.09.2012

Detailed evaluation

Helbing, Heiko

Club: Jena

Number: 2946

Course: 10.60 km

Geländelauf lang

Category:

Senioren M40 (40-44 Jahre)

Total time: 50:30

Speed: 11.88 km/h

Running performance: 4:46 min/km

Rank in course/Total: 84 (of 190)

Rank in course/Men: 76 (of 151)

Best time in course: 34:15

Rank in category: 19(of 27)

Best time in the category: 41:23