



9. Trefffurter Stadtlauf
Treffurt / 15.09.2012

Detailed evaluation

Rückert, Jens

Club: Arnstadt
Number: 2933

Course: 10.60 km
Geländelauf lang

Category:
Senioren M45 (45-49 Jahre)

Total time: 50:40

Speed: 11.84 km/h
Running performance: 4:47 min/km

Rank in course/Total: 86 (of 190)

Rank in course/Men: 78 (of 151)

Best time in course: 34:15

Rank in category: 16(of 23)

Best time in the category: 41:33