



9. Trefffurter Stadtlauf
Treffurt / 15.09.2012

Detailed evaluation

Heise, Ralf

Club: sc impuls erfurt e.V.
Number: 2848

Course: 10.60 km
Geländelauf lang

Category:
Senioren M35 (35-39 Jahre)

Total time: 50:59

Speed: 11.77 km/h
Running performance: 4:49 min/km

Rank in course/Total: 90 (of 190)

Rank in course/Men: 81 (of 151)

Best time in course: 34:15

Rank in category: 8(of 10)

Best time in the category: 36:57