



9. Trefffurter Stadtlauf
Treffurt / 15.09.2012

Detailed evaluation

Oßwald, Bernd

Club: LT Alt-Erkrath
Number: 2899

Course: 10.60 km
Geländelauf lang

Category:
Senioren M50 (50-54 Jahre)

Total time: 51:53

Speed: 11.56 km/h
Running performance: 4:53 min/km

Rank in course/Total: 99 (of 190)

Rank in course/Men: 87 (of 151)

Best time in course: 34:15

Rank in category: 12(of 23)

Best time in the category: 42:56