



9. Trefffurter Stadtlauf
Treffurt / 15.09.2012

Detailed evaluation

Schwanz, Rainer

Club: Rot Weiß Scherbda
Number: 2832

Course: 10.60 km
Geländelauf lang

Category:
Senioren M55 (55-59 Jahre)

Total time: 53:00

Speed: 11.32 km/h
Running performance: 5:00 min/km

Rank in course/Total: 107 (of 190)

Rank in course/Men: 94 (of 151)

Best time in course: 34:15

Rank in category: 6(of 10)

Best time in the category: 46:29