



9. Trefffurter Stadtlauf  
Treffurt / 15.09.2012

Detailed evaluation

Denke, Lutz

Club: Erfurt  
Number: 2857

Course: 10.60 km  
Geländelauf lang

Category:  
Senioren M50 (50-54 Jahre)

Total time: 53:10

Speed: 11.29 km/h  
Running performance: 5:01 min/km

Rank in course/Total: 109 (of 190)

Rank in course/Men: 96 (of 151)

Best time in course: 34:15

Rank in category: 13(of 23)

Best time in the category: 42:56