



9. Trefffurter Stadtlauf
Treffurt / 15.09.2012

Detailed evaluation

Grund, Roland

Club: Treffurt
Number: 2966

Course: 10.60 km
Geländelauf lang

Category:
Senioren M45 (45-49 Jahre)

Total time: 53:32

Speed: 11.21 km/h
Running performance: 5:03 min/km

Rank in course/Total: 116 (of 190)

Rank in course/Men: 98 (of 151)

Best time in course: 34:15

Rank in category: 18(of 23)

Best time in the category: 41:33