



9. Trefffurter Stadtlauf
Treffurt / 15.09.2012

Detailed evaluation

Hermann, Rainer

Club: SV Thuringia Königsee
Number: 2827

Course: 10.60 km
Geländelauf lang

Category:
Senioren M70 (70-74 Jahre)

Total time: 53:46

Speed: 11.16 km/h
Running performance: 5:04 min/km

Rank in course/Total: 119 (of 190)

Rank in course/Men: 100 (of 151)

Best time in course: 34:15

Rank in category: 2(of 4)

Best time in the category: 52:06