



9. Trefffurter Stadtlauf
Treffurt / 15.09.2012

Detailed evaluation

Nessel, Torsten

Club: easy fun
Number: 3224

Course: 10.60 km
Geländelauf lang

Category:
Senioren M40 (40-44 Jahre)

Total time: 54:10

Speed: 11.08 km/h
Running performance: 5:07 min/km

Rank in course/Total: 126 (of 190)

Rank in course/Men: 104 (of 151)

Best time in course: 34:15

Rank in category: 22(of 27)

Best time in the category: 41:23