



9. Trefffurter Stadtlauf

Treffurt / 15.09.2012

Detailed evaluation

Wölfel, Roland

Club: Stedtfelder Rennsteigfreunde 1979

Number: 2974

Course: 10.60 km

Geländelauf lang

Category:

Senioren M55 (55-59 Jahre)

Total time: 54:24

Speed: 11.03 km/h

Running performance: 5:08 min/km

Rank in course/Total: 130 (of 190)

Rank in course/Men: 107 (of 151)

Best time in course: 34:15

Rank in category: 7(of 10)

Best time in the category: 46:29