



9. Trefffurter Stadtlauf
Treffurt / 15.09.2012

Detailed evaluation

Tichonow, Michail

Club: Rockhausen
Number: 2934

Course: 10.60 km
Geländelauf lang

Category:
Senioren M50 (50-54 Jahre)

Total time: 54:25

Speed: 11.03 km/h
Running performance: 5:08 min/km

Rank in course/Total: 131 (of 190)

Rank in course/Men: 109 (of 151)

Best time in course: 34:15

Rank in category: 16(of 23)

Best time in the category: 42:56