



9. Trefffurter Stadtlauf

Treffurt / 15.09.2012

Detailed evaluation

Nothnagel, Uwe

Club: Fitnesssoase Ohrdruf
Number: 3229

Course: 10.60 km
Geländelauf lang

Category:
Senioren M40 (40-44 Jahre)

Total time: 54:26

Speed: 11.68 km/h
Running performance: 5:08 min/km

Rank in course/Total: 132 (of 190)

Rank in course/Men: 110 (of 151)

Best time in course: 34:15

Rank in category: 24(of 27)

Best time in the category: 41:23