



9. Trefffurter Stadtlauf

Treffurt / 15.09.2012

Detailed evaluation

Brandt, Sebastian

Club: Fitness Oase Ohrdruf

Number: 2895

Course: 10.60 km

Geländelauf lang

Category:

Senioren M30 (30-34 Jahre)

Total time: 54:37

Speed: 10.99 km/h

Running performance: 5:09 min/km

Rank in course/Total: 135 (of 190)

Rank in course/Men: 112 (of 151)

Best time in course: 34:15

Rank in category: 6(of 7)

Best time in the category: 36:26