



9. Trefffurter Stadtlauf

Treffurt / 15.09.2012

Detailed evaluation

Rikirsch, Roland

Club: SV Blau Weiss Kreuzburg

Number: 2988

Course: 10.60 km

Geländelauf lang

Category:

Senioren M65 (65-69 Jahre)

Total time: 56:36

Speed: 10.60 km/h

Running performance: 5:20 min/km

Rank in course/Total: 140 (of 190)

Rank in course/Men: 117 (of 151)

Best time in course: 34:15

Rank in category: 2(of 6)

Best time in the category: 53:58