



9. Trefffurter Stadtlauf

Treffurt / 15.09.2012

Detailed evaluation

Lüttkopf, Uwe

Club: Team Deura-Haus

Number: 3242

Course: 10.60 km

Geländelauf lang

Category:

Senioren M45 (45-49 Jahre)

Total time: 57:02

Speed: 10.52 km/h

Running performance: 5:23 min/km

Rank in course/Total: 147 (of 190)

Rank in course/Men: 123 (of 151)

Best time in course: 34:15

Rank in category: 20(of 23)

Best time in the category: 41:33