



9. Trefffurter Stadtlauf

Treffurt / 15.09.2012

Detailed evaluation

Zscharnt, Holger

Club: DAV Inselberg

Number: 2840

Course: 10.60 km

Geländelauf lang

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:02:24

Speed: 9.62 km/h

Running performance: 5:53 min/km

Rank in course/Total: 174 (of 190)

Rank in course/Men: 143 (of 151)

Best time in course: 34:15

Rank in category: 27(of 27)

Best time in the category: 41:23