



9. Trefffurter Stadtlauf  
Treffurt / 15.09.2012

Detailed evaluation

Stephan, Michael

Club: FSV 1986 Bad Langensalza  
Number: 2863

Course: 10.60 km  
Geländelauf lang

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:05:23

Speed: 9.18 km/h  
Running performance: 6:10 min/km

Rank in course/Total: 180 (of 190)

Rank in course/Men: 148 (of 151)

Best time in course: 34:15

Rank in category: 22(of 23)

Best time in the category: 41:33