



9. Trefffurter Stadtlauf
Treffurt / 15.09.2012

Detailed evaluation

Linhose, Frank

Club: Creuzburg
Number: 3307

Course: 5.00 km
Geländelauf kurz

Category:
Senioren M45 (45-49 Jahre)

Total time: 31:18

Speed: 9.58 km/h
Running performance: 6:16 min/km

Rank in course/Total: 36 (of 95)

Rank in course/Men: 24 (of 62)

Best time in course: 20:05

Rank in category: 4(of 4)

Best time in the category: 20:38