



10. Trefffurter Stadtlauf  
Treffurt / 07.09.2013

Detailed evaluation

**Bing, Thomas**

Club: Rhöner WSV  
Number: 4009

Course: 10.22 km  
Geländelauf lang

Category:  
Männer (20-29 Jahre)

Total time: 35:48

Speed: 17.13 km/h  
Running performance: 3:30 min/km

Rank in course/Total: 2 (of 157)

Rank in course/Men: 2 (of 122)

Best time in course: 35:15

Rank in category: 2(of 16)

Best time in the category: 35:15