



## 10. Trefffurter Stadtlauf

Treffurt / 07.09.2013

### Detailed evaluation

**Lämmerhirt, Dennis**

Club: Waspo 08 Göttingen Triathlon

Number: 4055

Course: 10.22 km

Geländelauf lang

Category:

Senioren M30 (30-34 Jahre)

Total time: 43:37

Speed: 13.76 km/h

Running performance: 4:16 min/km

Rank in course/Total: 20 (of 157)

Rank in course/Men: 18 (of 122)

Best time in course: 35:15

Rank in category: 3(of 9)

Best time in the category: 36:19