



10. Trefffurter Stadtlauf

Treffurt / 07.09.2013

Detailed evaluation

Münch, Heiko

Club: sc impuls erfurt

Number: 4061

Course: 10.22 km

Geländelauf lang

Category:

Senioren M45 (45-49 Jahre)

Total time: 44:07

Speed: 13.90 km/h

Running performance: 4:19 min/km

Rank in course/Total: 23 (of 157)

Rank in course/Men: 21 (of 122)

Best time in course: 35:15

Rank in category: 1(of 19)

Best time in the category: 44:07