



10. Trefffurter Stadtlauf

Treffurt / 07.09.2013

Detailed evaluation

Herrmann, Michael

Club: sc impuls erfurt

Number: 4040

Course: 10.22 km

Geländelauf lang

Category:

Senioren M55 (55-59 Jahre)

Total time: 45:20

Speed: 13.53 km/h

Running performance: 4:26 min/km

Rank in course/Total: 32 (of 157)

Rank in course/Men: 30 (of 122)

Best time in course: 35:15

Rank in category: 3(of 13)

Best time in the category: 41:33