



## 10. Trefffurter Stadtlauf

Treffurt / 07.09.2013

### Detailed evaluation

**Rolf, Lars**

Club: Non-Stop-Ultra Brakel

Number: 4166

Course: 10.22 km

Geländelauf lang

Category:

Senioren M35 (35-39 Jahre)

Total time: 45:35

Speed: 13.45 km/h

Running performance: 4:28 min/km

Rank in course/Total: 34 (of 157)

Rank in course/Men: 32 (of 122)

Best time in course: 35:15

Rank in category: 4(of 13)

Best time in the category: 42:58