



10. Trefffurter Stadtlauf

Treffurt / 07.09.2013

Detailed evaluation

Kouschil, Thomas

Club: Klemme AG Nordhausen

Number: 4048

Course: 10.22 km

Geländelauf lang

Category:

Senioren M40 (40-44 Jahre)

Total time: 45:43

Speed: 13.12 km/h

Running performance: 4:28 min/km

Rank in course/Total: 36 (of 157)

Rank in course/Men: 33 (of 122)

Best time in course: 35:15

Rank in category: 3(of 15)

Best time in the category: 44:24