



10. Trefffurter Stadtlauf

Treffurt / 07.09.2013

Detailed evaluation

Steinwachs, Bert

Club: SV Normania Treffurt

Number: 4201

Course: 10.22 km

Geländelauf lang

Category:

Senioren M35 (35-39 Jahre)

Total time: 46:26

Speed: 13.21 km/h

Running performance: 4:32 min/km

Rank in course/Total: 39 (of 157)

Rank in course/Men: 36 (of 122)

Best time in course: 35:15

Rank in category: 5(of 13)

Best time in the category: 42:58