



## 10. Trefffurter Stadtlauf

Treffurt / 07.09.2013

### Detailed evaluation

**Noll, Jonas**

Club: SV Normania Treffurt

Number: 4063

Course: 10.22 km

Geländelauf lang

Category:

Senioren M45 (45-49 Jahre)

Total time: 47:11

Speed: 12.72 km/h

Running performance: 4:37 min/km

Rank in course/Total: 45 (of 157)

Rank in course/Men: 41 (of 122)

Best time in course: 35:15

Rank in category: 3(of 19)

Best time in the category: 44:07