



10. Trefffurter Stadtlauf

Treffurt / 07.09.2013

Detailed evaluation

Neugebauer, Hartmut

Club: SightRunning Kassel

Number: 4062

Course: 10.22 km

Geländelauf lang

Category:

Senioren M55 (55-59 Jahre)

Total time: 47:25

Speed: 12.93 km/h

Running performance: 4:38 min/km

Rank in course/Total: 48 (of 157)

Rank in course/Men: 45 (of 122)

Best time in course: 35:15

Rank in category: 4(of 13)

Best time in the category: 41:33