



## 10. Trefffurter Stadtlauf

Treffurt / 07.09.2013

### Detailed evaluation

#### Staufenbiel, Roman

Club: SV Diedorf 1921

Number: 4157

Course: 10.22 km

Geländelauf lang

Category:

Senioren M40 (40-44 Jahre)

Total time: 47:56

Speed: 12.79 km/h

Running performance: 4:41 min/km

Rank in course/Total: 50 (of 157)

Rank in course/Men: 47 (of 122)

Best time in course: 35:15

Rank in category: 6(of 15)

Best time in the category: 44:24