



10. Trefffurter Stadtlauf

Treffurt / 07.09.2013

Detailed evaluation

Dittmann, Jens

Club: Rot Weiss scherbda

Number: 4162

Course: 10.22 km

Geländelauf lang

Category:

Senioren M40 (40-44 Jahre)

Total time: 48:32

Speed: 12.36 km/h

Running performance: 4:45 min/km

Rank in course/Total: 53 (of 157)

Rank in course/Men: 49 (of 122)

Best time in course: 35:15

Rank in category: 7(of 15)

Best time in the category: 44:24