



10. Trefffurter Stadtlauf

Treffurt / 07.09.2013

Detailed evaluation

Martin, Andreas

Club: SV Blau Weiss 90 Creuzburg

Number: 4148

Course: 10.22 km

Geländelauf lang

Category:

Senioren M30 (30-34 Jahre)

Total time: 48:51

Speed: 12.28 km/h

Running performance: 4:47 min/km

Rank in course/Total: 54 (of 157)

Rank in course/Men: 50 (of 122)

Best time in course: 35:15

Rank in category: 6(of 9)

Best time in the category: 36:19