



10. Trefffurter Stadtlauf

Treffurt / 07.09.2013

Detailed evaluation

Baumgärtel, Jens

Club: Nohra

Number: 4145

Course: 10.22 km

Geländelauf lang

Category:

Senioren M50 (50-54 Jahre)

Total time: 50:12

Speed: 12.22 km/h

Running performance: 4:55 min/km

Rank in course/Total: 63 (of 157)

Rank in course/Men: 58 (of 122)

Best time in course: 35:15

Rank in category: 6(of 16)

Best time in the category: 43:49