



10. Trefffurter Stadtlauf

Treffurt / 07.09.2013

Detailed evaluation

Bomberg, Dirk

Club: Impuls Erfurt

Number: 4010

Course: 10.22 km

Geländelauf lang

Category:

Senioren M55 (55-59 Jahre)

Total time: 50:51

Speed: 11.80 km/h

Running performance: 4:59 min/km

Rank in course/Total: 67 (of 157)

Rank in course/Men: 61 (of 122)

Best time in course: 35:15

Rank in category: 6(of 13)

Best time in the category: 41:33