



10. Trefffurter Stadtlauf

Treffurt / 07.09.2013

Detailed evaluation

Kühnpast, Frank

Club: Saalfelder LV

Number: 4051

Course: 10.22 km

Geländelauf lang

Category:

Senioren M45 (45-49 Jahre)

Total time: 52:06

Speed: 11.77 km/h

Running performance: 5:06 min/km

Rank in course/Total: 74 (of 157)

Rank in course/Men: 68 (of 122)

Best time in course: 35:15

Rank in category: 7(of 19)

Best time in the category: 44:07