



10. Trefffurter Stadtlauf

Treffurt / 07.09.2013

Detailed evaluation

Speck, Wilfried

Club: SV Hitzerode

Number: 4083

Course: 10.22 km

Geländelauf lang

Category:

Senioren M55 (55-59 Jahre)

Total time: 52:48

Speed: 11.61 km/h

Running performance: 5:10 min/km

Rank in course/Total: 81 (of 157)

Rank in course/Men: 73 (of 122)

Best time in course: 35:15

Rank in category: 7(of 13)

Best time in the category: 41:33