



10. Trefffurter Stadtlauf

Treffurt / 07.09.2013

Detailed evaluation

Manegold, Thomas

Club: SV Normania Treffurt

Number: 4114

Course: 10.22 km

Geländelauf lang

Category:

Senioren M30 (30-34 Jahre)

Total time: 53:09

Speed: 11.29 km/h

Running performance: 5:12 min/km

Rank in course/Total: 82 (of 157)

Rank in course/Men: 74 (of 122)

Best time in course: 35:15

Rank in category: 8(of 9)

Best time in the category: 36:19