



10. Trefffurter Stadtlauf

Treffurt / 07.09.2013

Detailed evaluation

Saalmann, Klaus-Dieter

Club: SV Normania Treffurt

Number: 4115

Course: 10.22 km

Geländelauf lang

Category:

Senioren M40 (40-44 Jahre)

Total time: 53:12

Speed: 11.53 km/h

Running performance: 5:13 min/km

Rank in course/Total: 83 (of 157)

Rank in course/Men: 75 (of 122)

Best time in course: 35:15

Rank in category: 10(of 15)

Best time in the category: 44:24