



10. Trefffurter Stadtlauf

Treffurt / 07.09.2013

Detailed evaluation

Dunkel, Frank

Club: SV Normania Treffurt

Number: 4018

Course: 10.22 km

Geländelauf lang

Category:

Senioren M45 (45-49 Jahre)

Total time: 54:22

Speed: 11.04 km/h

Running performance: 5:19 min/km

Rank in course/Total: 86 (of 157)

Rank in course/Men: 78 (of 122)

Best time in course: 35:15

Rank in category: 8(of 19)

Best time in the category: 44:07