



10. Trefffurter Stadtlauf

Treffurt / 07.09.2013

Detailed evaluation

Grund, Roland

Club: SV Normania Treffurt

Number: 4120

Course: 10.22 km

Geländelauf lang

Category:

Senioren M45 (45-49 Jahre)

Total time: 54:42

Speed: 10.97 km/h

Running performance: 5:21 min/km

Rank in course/Total: 87 (of 157)

Rank in course/Men: 79 (of 122)

Best time in course: 35:15

Rank in category: 9(of 19)

Best time in the category: 44:07