



## 10. Trefffurter Stadtlauf

Treffurt / 07.09.2013

### Detailed evaluation

**Jesche, Silvo**

Club: sc impuls erfurt

Number: 4041

Course: 10.22 km

Geländelauf lang

Category:

Senioren M45 (45-49 Jahre)

Total time: 55:18

Speed: 11.09 km/h

Running performance: 5:25 min/km

Rank in course/Total: 89 (of 157)

Rank in course/Men: 81 (of 122)

Best time in course: 35:15

Rank in category: 10(of 19)

Best time in the category: 44:07