



10. Trefffurter Stadtlauf

Treffurt / 07.09.2013

Detailed evaluation

Rathgeber, Ronny

Club: SV Normania Treffurt

Number: 4073

Course: 10.22 km

Geländelauf lang

Category:

Senioren M40 (40-44 Jahre)

Total time: 58:12

Speed: 10.54 km/h

Running performance: 5:41 min/km

Rank in course/Total: 106 (of 157)

Rank in course/Men: 91 (of 122)

Best time in course: 35:15

Rank in category: 12(of 15)

Best time in the category: 44:24