



## 10. Trefffurter Stadtlauf

Treffurt / 07.09.2013

### Detailed evaluation

**Sömmer, Fred**

Club: BSG Wartburg-Sparkasse

Number: 4085

Course: 10.22 km

Geländelauf lang

Category:

Senioren M45 (45-49 Jahre)

Total time: 58:43

Speed: 10.22 km/h

Running performance: 5:45 min/km

Rank in course/Total: 111 (of 157)

Rank in course/Men: 94 (of 122)

Best time in course: 35:15

Rank in category: 16(of 19)

Best time in the category: 44:07