



10. Trefffurter Stadtlauf

Treffurt / 07.09.2013

Detailed evaluation

Wölfel, Roland

Club: Stedtfelder Rennsteigerfreunde 1979

Number: 4124

Course: 10.22 km

Geländelauf lang

Category:

Senioren M55 (55-59 Jahre)

Total time: 58:51

Speed: 10.20 km/h

Running performance: 5:46 min/km

Rank in course/Total: 113 (of 157)

Rank in course/Men: 95 (of 122)

Best time in course: 35:15

Rank in category: 9(of 13)

Best time in the category: 41:33