



10. Trefffurter Stadtlauf

Treffurt / 07.09.2013

Detailed evaluation

Denke, Lutz

Club: Erfurt

Number: 4015

Course: 10.22 km

Geländelauf lang

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:00:01

Speed: 10.00 km/h

Running performance: 5:52 min/km

Rank in course/Total: 122 (of 157)

Rank in course/Men: 101 (of 122)

Best time in course: 35:15

Rank in category: 12(of 16)

Best time in the category: 43:49