



10. Trefffurter Stadtlauf

Treffurt / 07.09.2013

Detailed evaluation

Winkler, Jens

Club: Pummpälzverein

Number: 4619

Course: 5.50 km

Geländelauf kurz

Category:

Senioren M45 (45-49 Jahre)

Total time: 20:57

Speed: 15.75 km/h

Running performance: 3:49 min/km

Rank in course/Total: 4 (of 102)

Rank in course/Men: 4 (of 66)

Best time in course: 19:10

Rank in category: 1(of 2)

Best time in the category: 20:57