



## 10. Trefffurter Stadtlauf

Treffurt / 07.09.2013

### Detailed evaluation

**Zscharnt, Holger**

Club: DAV Inselberg

Number: 4096

Course: 10.22 km

Geländelauf lang

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:06:21

Speed: 9.24 km/h

Running performance: 6:29 min/km

Rank in course/Total: 144 (of 157)

Rank in course/Men: 116 (of 122)

Best time in course: 35:15

Rank in category: 14(of 15)

Best time in the category: 44:24