



10. Trefffurter Stadtlauf

Treffurt / 07.09.2013

Detailed evaluation

Knoll, Michael

Club: LG Bad Frankenhausen

Number: 4125

Course: 10.22 km

Geländelauf lang

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:06:48

Speed: 9.18 km/h

Running performance: 6:32 min/km

Rank in course/Total: 145 (of 157)

Rank in course/Men: 117 (of 122)

Best time in course: 35:15

Rank in category: 18(of 19)

Best time in the category: 44:07