



## 10. Trefffurter Stadtlauf

Treffurt / 07.09.2013

### Detailed evaluation

**Hain, Christoph**

Club: Gerstungen

Number: 4140

Course: 10.22 km

Geländelauf lang

Category:

Senioren M55 (55-59 Jahre)

Total time: 1:11:18

Speed: 8.60 km/h

Running performance: 6:59 min/km

Rank in course/Total: 152 (of 157)

Rank in course/Men: 119 (of 122)

Best time in course: 35:15

Rank in category: 13(of 13)

Best time in the category: 41:33