



10. Trefffurter Stadtlauf

Treffurt / 07.09.2013

Detailed evaluation

Degenhardt, Matthias

Club: Treffurt

Number: 4512

Course: 5.50 km

Geländelauf kurz

Category:

Senioren M45 (45-49 Jahre)

Total time: 23:47

Speed: 13.88 km/h

Running performance: 4:19 min/km

Rank in course/Total: 11 (of 102)

Rank in course/Men: 10 (of 66)

Best time in course: 19:10

Rank in category: 2(of 2)

Best time in the category: 20:57