



10. Trefffurter Stadtlauf

Treffurt / 07.09.2013

Detailed evaluation

Bornkessel, Andreas

Club: SV Normania Treffurt

Number: 4610

Course: 5.50 km

Geländelauf kurz

Category:

Senioren M30 (30-34 Jahre)

Total time: 28:40

Speed: 10.47 km/h

Running performance: 5:13 min/km

Rank in course/Total: 37 (of 102)

Rank in course/Men: 30 (of 66)

Best time in course: 19:10

Rank in category: 3(of 3)

Best time in the category: 19:56