



## 10. Trefffurter Stadtlauf

Treffurt / 07.09.2013

### Detailed evaluation

**Heller, Detlev**

Club: Schweina

Number: 4530

Course: 5.50 km

Geländelauf kurz

Category:

Senioren M50 (50-54 Jahre)

Total time: 29:23

Speed: 11.23 km/h

Running performance: 5:20 min/km

Rank in course/Total: 38 (of 102)

Rank in course/Men: 31 (of 66)

Best time in course: 19:10

Rank in category: 1(of 1)

Best time in the category: 29:23