



3. Creuzburger Stadtlauf
Creuzburg / 28.06.2014

Detailed evaluation

Trogisch, Volker

Club: VfL 28 Ellrich
Number: 810

Course: 13.50 km
Hauptlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 56:46

Speed: 13.74 km/h
Running performance: 4:12 min/km

Rank in course/Total: 9 (of 100)

Rank in course/Men: 9 (of 80)

Best time in course: 51:48

Rank in category: 2(of 16)

Best time in the category: 56:00