



11. Trefffurter Stadtlauf

Treffurt / 13.09.2014

Detailed evaluation

Trogisch, Volker

Club: VfL 28 Ellrich

Number: 5103

Course: 10.60 km

Geländelauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 42:12

Speed: 14.22 km/h

Running performance: 4:08 min/km

Rank in course/Total: 16 (of 149)

Rank in course/Men: 16 (of 115)

Best time in course: 35:35

Rank in category: 1(of 18)

Best time in the category: 42:12