



11. Trefffurter Stadtlauf

Treffurt / 13.09.2014

Detailed evaluation

Münch, Heiko

Club: sc-impuls Erfurt

Number: 5066

Course: 10.60 km

Geländelauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 44:21

Speed: 13.53 km/h

Running performance: 4:21 min/km

Rank in course/Total: 23 (of 149)

Rank in course/Men: 23 (of 115)

Best time in course: 35:35

Rank in category: 3(of 18)

Best time in the category: 42:12