



11. Trefffurter Stadtlauf

Treffurt / 13.09.2014

Detailed evaluation

Herrmann, Michael

Club: sc impuls erfurt

Number: 5037

Course: 10.60 km

Geländelauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 44:26

Speed: 14.31 km/h

Running performance: 4:22 min/km

Rank in course/Total: 24 (of 149)

Rank in course/Men: 24 (of 115)

Best time in course: 35:35

Rank in category: 2(of 8)

Best time in the category: 41:04