



11. Trefffurter Stadtlauf

Treffurt / 13.09.2014

Detailed evaluation

Steinwachs, Bert

Club: SV Normania Treffurt

Number: 5097

Course: 10.60 km

Geländelauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 44:31

Speed: 13.48 km/h

Running performance: 4:22 min/km

Rank in course/Total: 25 (of 149)

Rank in course/Men: 25 (of 115)

Best time in course: 35:35

Rank in category: 5(of 10)

Best time in the category: 41:51