



11. Trefffurter Stadtlauf

Treffurt / 13.09.2014

Detailed evaluation

schramm, tobias

Club: sc impuls erfurt

Number: 5090

Course: 10.60 km

Geländelauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 44:37

Speed: 13.45 km/h

Running performance: 4:22 min/km

Rank in course/Total: 27 (of 149)

Rank in course/Men: 26 (of 115)

Best time in course: 35:35

Rank in category: 2(of 11)

Best time in the category: 40:55