



11. Trefffurter Stadtlauf

Treffurt / 13.09.2014

Detailed evaluation

Reif, Berno

Club: Laufcombo Reif Gotha

Number: 5140

Course: 10.60 km

Geländelauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 45:19

Speed: 13.24 km/h

Running performance: 4:26 min/km

Rank in course/Total: 30 (of 149)

Rank in course/Men: 29 (of 115)

Best time in course: 35:35

Rank in category: 4(of 18)

Best time in the category: 42:12