



11. Trefffurter Stadtlauf

Treffurt / 13.09.2014

Detailed evaluation

Siemon, Thomas

Club: SV Normania Treffurt

Number: 5096

Course: 10.60 km

Geländelauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 45:37

Speed: 13.15 km/h

Running performance: 4:28 min/km

Rank in course/Total: 31 (of 149)

Rank in course/Men: 30 (of 115)

Best time in course: 35:35

Rank in category: 1(of 18)

Best time in the category: 45:37