



11. Trefffurter Stadtlauf

Treffurt / 13.09.2014

Detailed evaluation

Bang, Thomas

Club: Federn Osswald

Number: 5301

Course: 5.00 km

Geländelauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 20:39

Speed: 14.53 km/h

Running performance: 3:45 min/km

Rank in course/Total: 7 (of 101)

Rank in course/Men: 7 (of 68)

Best time in course: 19:31

Rank in category: 2(of 2)

Best time in the category: 20:28