



11. Trefffurter Stadtlauf

Treffurt / 13.09.2014

Detailed evaluation

Montag, Andreas

Club: SV Normania Treffurt

Number: 5062

Course: 10.60 km

Geländelauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 46:36

Speed: 13.65 km/h

Running performance: 4:34 min/km

Rank in course/Total: 37 (of 149)

Rank in course/Men: 35 (of 115)

Best time in course: 35:35

Rank in category: 3(of 8)

Best time in the category: 41:04