



11. Trefffurter Stadtlauf

Treffurt / 13.09.2014

Detailed evaluation

Staufenbiel, Roman

Club: Katharinenberg

Number: 5137

Course: 10.60 km

Geländelauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 46:45

Speed: 12.83 km/h

Running performance: 4:35 min/km

Rank in course/Total: 39 (of 149)

Rank in course/Men: 36 (of 115)

Best time in course: 35:35

Rank in category: 4(of 11)

Best time in the category: 40:55