



11. Trefffurter Stadtlauf

Treffurt / 13.09.2014

Detailed evaluation

Beyer, Steffen

Club: VfL 28 Ellrich

Number: 5007

Course: 10.60 km

Geländelauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 47:32

Speed: 12.62 km/h

Running performance: 4:40 min/km

Rank in course/Total: 40 (of 149)

Rank in course/Men: 38 (of 115)

Best time in course: 35:35

Rank in category: 3(of 18)

Best time in the category: 45:37