



11. Trefffurter Stadtlauf

Treffurt / 13.09.2014

Detailed evaluation

Dittmann, Jens

Club: Rot Weiß Scherbda

Number: 5163

Course: 10.60 km

Geländelauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 47:41

Speed: 12.58 km/h

Running performance: 4:40 min/km

Rank in course/Total: 41 (of 149)

Rank in course/Men: 39 (of 115)

Best time in course: 35:35

Rank in category: 5(of 11)

Best time in the category: 40:55