



11. Trefffurter Stadtlauf

Treffurt / 13.09.2014

Detailed evaluation

Pawlow, Kamen

Club: FSV 1950 Gotha

Number: 5073

Course: 10.60 km

Geländelauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 48:03

Speed: 12.49 km/h

Running performance: 4:43 min/km

Rank in course/Total: 43 (of 149)

Rank in course/Men: 41 (of 115)

Best time in course: 35:35

Rank in category: 4(of 18)

Best time in the category: 45:37