



11. Trefffurter Stadtlauf

Treffurt / 13.09.2014

Detailed evaluation

Bomberg, Dirk

Club: sc impuls erfurt

Number: 5009

Course: 10.60 km

Geländelauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 49:15

Speed: 12.18 km/h

Running performance: 4:50 min/km

Rank in course/Total: 46 (of 149)

Rank in course/Men: 43 (of 115)

Best time in course: 35:35

Rank in category: 4(of 8)

Best time in the category: 41:04