



11. Trefffurter Stadtlauf

Treffurt / 13.09.2014

Detailed evaluation

Thomas, Jörg

Club: Laufreunde Gotha

Number: 5156

Course: 10.60 km

Geländelauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 49:29

Speed: 12.13 km/h

Running performance: 4:51 min/km

Rank in course/Total: 47 (of 149)

Rank in course/Men: 44 (of 115)

Best time in course: 35:35

Rank in category: 6(of 18)

Best time in the category: 42:12