



11. Trefffurter Stadtlauf

Treffurt / 13.09.2014

Detailed evaluation

Montag, Holger

Club: SV Normania Treffurt

Number: 5064

Course: 10.60 km

Geländelauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 50:11

Speed: 11.96 km/h

Running performance: 4:55 min/km

Rank in course/Total: 52 (of 149)

Rank in course/Men: 48 (of 115)

Best time in course: 35:35

Rank in category: 6(of 11)

Best time in the category: 40:55