



11. Trefffurter Stadtlauf

Treffurt / 13.09.2014

Detailed evaluation

Degenhardt, Matthias

Club: Wendehausen

Number: 5311

Course: 5.00 km

Geländelauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 25:09

Speed: 11.93 km/h

Running performance: 4:34 min/km

Rank in course/Total: 22 (of 101)

Rank in course/Men: 16 (of 68)

Best time in course: 19:31

Rank in category: 1(of 2)

Best time in the category: 25:09