



11. Trefffurter Stadtlauf

Treffurt / 13.09.2014

Detailed evaluation

Kellner, Roland

Club: SpVgg Faulungen

Number: 5158

Course: 10.60 km

Geländelauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 50:36

Speed: 11.86 km/h

Running performance: 4:58 min/km

Rank in course/Total: 54 (of 149)

Rank in course/Men: 51 (of 115)

Best time in course: 35:35

Rank in category: 8(of 18)

Best time in the category: 42:12