



11. Trefffurter Stadtlauf

Treffurt / 13.09.2014

Detailed evaluation

Seever, Thorsten

Club: SG Motor Arnstadt

Number: 5093

Course: 10.60 km

Geländelauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 50:55

Speed: 11.78 km/h

Running performance: 4:59 min/km

Rank in course/Total: 56 (of 149)

Rank in course/Men: 53 (of 115)

Best time in course: 35:35

Rank in category: 8(of 11)

Best time in the category: 40:55