



11. Trefffurter Stadtlauf

Treffurt / 13.09.2014

Detailed evaluation

Sauerwald, Bernd

Club: Lauffreunde

Number: 5149

Course: 10.60 km

Geländelauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 51:41

Speed: 11.61 km/h

Running performance: 5:04 min/km

Rank in course/Total: 63 (of 149)

Rank in course/Men: 59 (of 115)

Best time in course: 35:35

Rank in category: 7(of 18)

Best time in the category: 45:37