



11. Trefffurter Stadtlauf

Treffurt / 13.09.2014

Detailed evaluation

Pohl, Wolfgang

Club: SV Normania Treffurt

Number: 5075

Course: 10.60 km

Geländelauf

Category:

Senioren M60 (60-64 Jahre)

Total time: 51:51

Speed: 11.57 km/h

Running performance: 5:05 min/km

Rank in course/Total: 65 (of 149)

Rank in course/Men: 60 (of 115)

Best time in course: 35:35

Rank in category: 3(of 8)

Best time in the category: 45:10