



## 11. Trefffurter Stadtlauf

Treffurt / 13.09.2014

### Detailed evaluation

**Kühnpast, Frank**

Club: SLV

Number: 5051

Course: 10.60 km

Geländelauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 52:37

Speed: 11.40 km/h

Running performance: 5:10 min/km

Rank in course/Total: 68 (of 149)

Rank in course/Men: 61 (of 115)

Best time in course: 35:35

Rank in category: 9(of 18)

Best time in the category: 42:12