



11. Trefffurter Stadtlauf

Treffurt / 13.09.2014

Detailed evaluation

Schalk, Udo

Club: Dream Team Ilmenau

Number: 5088

Course: 10.60 km

Geländelauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 52:50

Speed: 11.36 km/h

Running performance: 5:11 min/km

Rank in course/Total: 70 (of 149)

Rank in course/Men: 62 (of 115)

Best time in course: 35:35

Rank in category: 8(of 18)

Best time in the category: 45:37