



## 11. Trefffurter Stadtlauf

Treffurt / 13.09.2014

### Detailed evaluation

**Oßwald, Bernd**

Club: LT-Alt-Erkrath

Number: 5124

Course: 10.60 km

Geländelauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 53:05

Speed: 11.98 km/h

Running performance: 5:12 min/km

Rank in course/Total: 73 (of 149)

Rank in course/Men: 64 (of 115)

Best time in course: 35:35

Rank in category: 10(of 18)

Best time in the category: 45:37