



11. Trefffurter Stadtlauf

Treffurt / 13.09.2014

Detailed evaluation

Patzenhauer, Holger

Club: SV Blau Weiss Creuzburg

Number: 5072

Course: 10.60 km

Geländelauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 54:07

Speed: 11.09 km/h

Running performance: 5:19 min/km

Rank in course/Total: 79 (of 149)

Rank in course/Men: 69 (of 115)

Best time in course: 35:35

Rank in category: 10(of 18)

Best time in the category: 42:12