



11. Trefffurter Stadtlauf

Treffurt / 13.09.2014

Detailed evaluation

Jesche, Silvo

Club: sc impuls erfurt

Number: 5041

Course: 10.60 km

Geländelauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 54:09

Speed: 11.75 km/h

Running performance: 5:19 min/km

Rank in course/Total: 80 (of 149)

Rank in course/Men: 70 (of 115)

Best time in course: 35:35

Rank in category: 12(of 18)

Best time in the category: 45:37