



11. Trefffurter Stadtlauf

Treffurt / 13.09.2014

Detailed evaluation

Heller, Detlev

Club: Schweina

Number: 5408

Course: 5.00 km

Geländelauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 29:03

Speed: 10.33 km/h

Running performance: 5:17 min/km

Rank in course/Total: 40 (of 101)

Rank in course/Men: 28 (of 68)

Best time in course: 19:31

Rank in category: 1(of 1)

Best time in the category: 29:03