



11. Trefffurter Stadtlauf

Treffurt / 13.09.2014

Detailed evaluation

Kupfer, Jörg

Club: Lauffreunde Gotha

Number: 5049

Course: 10.60 km

Geländelauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 54:23

Speed: 11.03 km/h

Running performance: 5:20 min/km

Rank in course/Total: 82 (of 149)

Rank in course/Men: 71 (of 115)

Best time in course: 35:35

Rank in category: 11(of 18)

Best time in the category: 42:12