



11. Trefffurter Stadtlauf

Treffurt / 13.09.2014

Detailed evaluation

Grund, Roland

Club: Treffurt

Number: 5121

Course: 10.60 km

Geländelauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 55:04

Speed: 10.90 km/h

Running performance: 5:24 min/km

Rank in course/Total: 87 (of 149)

Rank in course/Men: 75 (of 115)

Best time in course: 35:35

Rank in category: 13(of 18)

Best time in the category: 42:12