



## 11. Trefffurter Stadtlauf

Treffurt / 13.09.2014

### Detailed evaluation

Limhose, Frank

Club: Treffurt

Number: 5153

Course: 10.60 km

Geländelauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 55:19

Speed: 10.85 km/h

Running performance: 5:25 min/km

Rank in course/Total: 88 (of 149)

Rank in course/Men: 76 (of 115)

Best time in course: 35:35

Rank in category: 13(of 18)

Best time in the category: 45:37