



11. Trefffurter Stadtlauf

Treffurt / 13.09.2014

Detailed evaluation

Reinhardt, Dirk

Club: Ringgau

Number: 5081

Course: 10.60 km

Geländelauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 55:28

Speed: 10.82 km/h

Running performance: 5:26 min/km

Rank in course/Total: 89 (of 149)

Rank in course/Men: 77 (of 115)

Best time in course: 35:35

Rank in category: 14(of 18)

Best time in the category: 42:12