



11. Trefffurter Stadtlauf

Treffurt / 13.09.2014

Detailed evaluation

Hermann, Rainer

Club: LAC Rudolstadt

Number: 5036

Course: 10.60 km

Geländelauf

Category:

Senioren M70 (70-74 Jahre)

Total time: 55:51

Speed: 10.74 km/h

Running performance: 5:29 min/km

Rank in course/Total: 94 (of 149)

Rank in course/Men: 80 (of 115)

Best time in course: 35:35

Rank in category: 1(of 4)

Best time in the category: 55:51