



11. Trefffurter Stadtlauf

Treffurt / 13.09.2014

Detailed evaluation

Helms, Dieter

Club: Unterpörlitz

Number: 5034

Course: 10.60 km

Geländelauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 56:07

Speed: 10.69 km/h

Running performance: 5:30 min/km

Rank in course/Total: 96 (of 149)

Rank in course/Men: 82 (of 115)

Best time in course: 35:35

Rank in category: 15(of 18)

Best time in the category: 45:37