



11. Trefffurter Stadtlauf

Treffurt / 13.09.2014

Detailed evaluation

Wölfel, Roland

Club: Stedtfelder Rennsteig

Number: 5136

Course: 10.60 km

Geländelauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 56:19

Speed: 11.29 km/h

Running performance: 5:31 min/km

Rank in course/Total: 98 (of 149)

Rank in course/Men: 84 (of 115)

Best time in course: 35:35

Rank in category: 6(of 8)

Best time in the category: 41:04