



11. Trefffurter Stadtlauf

Treffurt / 13.09.2014

Detailed evaluation

Röthling, Klaus

Club: VfL 28 Ellrich

Number: 5087

Course: 10.60 km

Geländelauf

Category:

Senioren M60 (60-64 Jahre)

Total time: 57:49

Speed: 11.00 km/h

Running performance: 5:40 min/km

Rank in course/Total: 105 (of 149)

Rank in course/Men: 89 (of 115)

Best time in course: 35:35

Rank in category: 5(of 8)

Best time in the category: 45:10