



11. Trefffurter Stadtlauf

Treffurt / 13.09.2014

Detailed evaluation

Wahl, Immo

Club: Nofretete e.V.

Number: 5161

Course: 10.60 km

Geländelauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 58:06

Speed: 10.33 km/h

Running performance: 5:42 min/km

Rank in course/Total: 106 (of 149)

Rank in course/Men: 90 (of 115)

Best time in course: 35:35

Rank in category: 6(of 7)

Best time in the category: 44:18