



11. Trefffurter Stadtlauf

Treffurt / 13.09.2014

Detailed evaluation

Rühling, Philipp

Club: VR Bank Werra Meibner

Number: 5414

Course: 5.00 km

Geländelauf

Category:

Männer (20-29 Jahre)

Total time: 32:50

Speed: 9.14 km/h

Running performance: 5:58 min/km

Rank in course/Total: 63 (of 101)

Rank in course/Men: 43 (of 68)

Best time in course: 19:31

Rank in category: 4(of 4)

Best time in the category: 21:51