



11. Trefffurter Stadtlauf

Treffurt / 13.09.2014

Detailed evaluation

Dehmel, Gerhard

Club: ThwV Ilmenau

Number: 5013

Course: 10.60 km

Geländelauf

Category:

Senioren M70 (70-74 Jahre)

Total time: 1:02:10

Speed: 9.65 km/h

Running performance: 6:05 min/km

Rank in course/Total: 129 (of 149)

Rank in course/Men: 101 (of 115)

Best time in course: 35:35

Rank in category: 3(of 4)

Best time in the category: 55:51