



11. Trefffurter Stadtlauf

Treffurt / 13.09.2014

Detailed evaluation

Henkel, Tobias

Club: USV Erfurt

Number: 5139

Course: 10.60 km

Geländelauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:02:59

Speed: 9.53 km/h

Running performance: 6:10 min/km

Rank in course/Total: 133 (of 149)

Rank in course/Men: 104 (of 115)

Best time in course: 35:35

Rank in category: 7(of 7)

Best time in the category: 44:18