



11. Trefffurter Stadtlauf

Treffurt / 13.09.2014

Detailed evaluation

Helbig, Hans-Peter

Club: Hörselberg

Number: 5411

Course: 5.00 km

Geländelauf

Category:

Senioren M70 (70-74 Jahre)

Total time: 38:41

Speed: 7.76 km/h

Running performance: 7:02 min/km

Rank in course/Total: 82 (of 101)

Rank in course/Men: 55 (of 68)

Best time in course: 19:31

Rank in category: 2(of 3)

Best time in the category: 31:47