



5. Trefffurter Stadtlauf  
Treffurt / 13.09.2008

Detailed evaluation

**Braunhold, Frank**

Club: SV Normania Treffurt e.V.  
Number: 1212

Course: 5.00 km  
Geländelauf

Category:  
Männer M40

Total time: 27:16

Speed: 11.00 km/h  
Running performance: 5:27 min/km

Rank in course/Total: 30 (of 64)

Rank in course/Men: 25 (of 46)

Best time in course: 19:46

Rank in category: 4(of 4)

Best time in the category: 21:02