



6. Trefffurter Stadtlauf  
Treffurt / 12.09.2009

Detailed evaluation

**Pfannkuche, Uwe**

Club: Berka/Werra  
Number: 1891

Course: 5.50 km  
Geländelauf

Category:  
Männer M50

Total time: 24:18

Speed: 12.35 km/h  
Running performance: 4:25 min/km

Rank in course/Total: 9 (of 78)

Rank in course/Men: 7 (of 45)

Best time in course: 19:33

Rank in category: 1(of 1)

Best time in the category: 24:18