



8. Trefffurter Stadtlauf  
Treffurt / 10.09.2011

Detailed evaluation

**Bing, Thomas**

Club: Rhöner WSV  
Number: 3048

Course: 10.60 km  
Geländelauf lang

Category:  
Männer M20

Total time: 36:14

Speed: 17.55 km/h  
Running performance: 3:25 min/km

Rank in course/Total: 5 (of 199)

Rank in course/Men: 5 (of 160)

Best time in course: 35:07

Rank in category: 4(of 19)

Best time in the category: 35:07