



8. Trefffurter Stadtlauf

Treffurt / 10.09.2011

Detailed evaluation

Koch, Markus

Club: TV1848 Coburg

Number: 3149

Course: 10.60 km

Geländelauf lang

Category:

Männer M30

Total time: 38:08

Speed: 15.73 km/h

Running performance: 3:36 min/km

Rank in course/Total: 8 (of 199)

Rank in course/Men: 8 (of 160)

Best time in course: 35:07

Rank in category: 2(of 15)

Best time in the category: 35:50