



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: 16.68 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