



8. Trefffurter Stadtlauf  
Treffurt / 10.09.2011

Detailed evaluation

Jaeger, Frank

Club: SV Sömmerda e.V. / Spröttau  
Number: 3038

Course: 10.60 km  
Geländelauf lang

Category:  
Männer M45

Total time: 42:49

Speed: 14.01 km/h  
Running performance: 4:02 min/km

Rank in course/Total: 20 (of 199)

Rank in course/Men: 19 (of 160)

Best time in course: 35:07

Rank in category: 2(of 36)

Best time in the category: 39:43