



8. Trefffurter Stadtlauf
Treffurt / 10.09.2011

Detailed evaluation

Manthee, Frank

Club: SV Glückauf Sondershausen
Number: 3186

Course: 10.60 km
Geländelauf lang

Category:
Männer M50

Total time: 43:21

Speed: 13.84 km/h
Running performance: 4:05 min/km

Rank in course/Total: 22 (of 199)

Rank in course/Men: 22 (of 160)

Best time in course: 35:07

Rank in category: 1(of 15)

Best time in the category: 43:21