



8. Trefffurter Stadtlauf  
Treffurt / 10.09.2011

Detailed evaluation

Trogisch, Volker

Club: VfL 28 Ellrich  
Number: 3066

Course: 10.60 km  
Geländelauf lang

Category:  
Männer M40

Total time: 43:34

Speed: 13.77 km/h  
Running performance: 4:07 min/km

Rank in course/Total: 25 (of 199)

Rank in course/Men: 25 (of 160)

Best time in course: 35:07

Rank in category: 3(of 25)

Best time in the category: 40:22