



8. Trefffurter Stadtlauf
Treffurt / 10.09.2011

Detailed evaluation

Wernecke, Karl-Ernst

Club: VfL 28 Ellrich
Number: 3091

Course: 10.60 km
Geländelauf lang

Category:
Männer M55

Total time: 46:32

Speed: 12.89 km/h
Running performance: 4:23 min/km

Rank in course/Total: 48 (of 199)

Rank in course/Men: 48 (of 160)

Best time in course: 35:07

Rank in category: 2(of 13)

Best time in the category: 43:33