



8. Trefffurter Stadtlauf  
Treffurt / 10.09.2011

Detailed evaluation

Münch, Heiko

Club: Erfurt  
Number: 3188

Course: 10.60 km  
Geländelauf lang

Category:  
Männer M45

Total time: 46:56

Speed: 12.78 km/h  
Running performance: 4:26 min/km

Rank in course/Total: 50 (of 199)

Rank in course/Men: 49 (of 160)

Best time in course: 35:07

Rank in category: 11(of 36)

Best time in the category: 39:43