



8. Trefffurter Stadtlauf  
Treffurt / 10.09.2011

Detailed evaluation

Kürschner, Heiko

Club: WSC 07 Ruhla  
Number: 3191

Course: 10.60 km  
Geländelauf lang

Category:  
Männer M45

Total time: 47:30

Speed: 12.63 km/h  
Running performance: 4:29 min/km

Rank in course/Total: 53 (of 199)

Rank in course/Men: 52 (of 160)

Best time in course: 35:07

Rank in category: 12(of 36)

Best time in the category: 39:43