



8. Trefffurter Stadtlauf
Treffurt / 10.09.2011

Detailed evaluation

Montag, Holger

Club: SV Normania Treffurt
Number: 3144

Course: 10.60 km
Geländelauf lang

Category:
Männer M40

Total time: 48:10

Speed: 12.46 km/h
Running performance: 4:32 min/km

Rank in course/Total: 58 (of 199)

Rank in course/Men: 57 (of 160)

Best time in course: 35:07

Rank in category: 13(of 25)

Best time in the category: 40:22