



8. Trefffurter Stadtlauf  
Treffurt / 10.09.2011

Detailed evaluation

**Blum, Michael**

Club: VfL Wanfried  
Number: 3199

Course: 10.60 km  
Geländelauf lang

Category:  
Männer M30

Total time: 48:43

Speed: 12.32 km/h  
Running performance: 4:36 min/km

Rank in course/Total: 64 (of 199)

Rank in course/Men: 62 (of 160)

Best time in course: 35:07

Rank in category: 5(of 15)

Best time in the category: 35:50