



8. Trefffurter Stadtlauf  
Treffurt / 10.09.2011

Detailed evaluation

Schäfer, Frank

Club: TSV Aue  
Number: 3206

Course: 10.60 km  
Geländelauf lang

Category:  
Männer M45

Total time: 49:07

Speed: 12.22 km/h  
Running performance: 4:38 min/km

Rank in course/Total: 65 (of 199)

Rank in course/Men: 63 (of 160)

Best time in course: 35:07

Rank in category: 13(of 36)

Best time in the category: 39:43