



8. Trefffurter Stadtlauf
Treffurt / 10.09.2011

Detailed evaluation

Speck, Wilfried

Club: SV Hitzerode
Number: 3218

Course: 10.60 km
Geländelauf lang

Category:
Männer M55

Total time: 50:20

Speed: 12.64 km/h
Running performance: 4:45 min/km

Rank in course/Total: 71 (of 199)

Rank in course/Men: 67 (of 160)

Best time in course: 35:07

Rank in category: 5(of 13)

Best time in the category: 43:33