



8. Trefffurter Stadtlauf  
Treffurt / 10.09.2011

Detailed evaluation

Sachs, Frank

Club: Dream Team Ilmenau  
Number: 3072

Course: 10.60 km  
Geländelauf lang

Category:  
Männer M45

Total time: 50:30

Speed: 11.88 km/h  
Running performance: 4:46 min/km

Rank in course/Total: 73 (of 199)

Rank in course/Men: 69 (of 160)

Best time in course: 35:07

Rank in category: 15(of 36)

Best time in the category: 39:43