



8. Trefffurter Stadtlauf  
Treffurt / 10.09.2011

Detailed evaluation

Kühnpast, Frank

Club: Saalfelder LV  
Number: 3074

Course: 10.60 km  
Geländelauf lang

Category:  
Männer M45

Total time: 50:33

Speed: 12.58 km/h  
Running performance: 4:46 min/km

Rank in course/Total: 74 (of 199)

Rank in course/Men: 70 (of 160)

Best time in course: 35:07

Rank in category: 16(of 36)

Best time in the category: 39:43