



8. Trefffurter Stadtlauf
Treffurt / 10.09.2011

Detailed evaluation

Steffen, Kabelitz

Club: VfL 28 Ellrich
Number: 3077

Course: 10.60 km
Geländelauf lang

Category:
Männer M45

Total time: 51:33

Speed: 11.64 km/h
Running performance: 4:52 min/km

Rank in course/Total: 83 (of 199)

Rank in course/Men: 76 (of 160)

Best time in course: 35:07

Rank in category: 19(of 36)

Best time in the category: 39:43