



8. Trefffurter Stadtlauf  
Treffurt / 10.09.2011

Detailed evaluation

**Pohl, Wolfgang**

Club: SV Normania Treffurt  
Number: 3300

Course: 10.60 km  
Geländelauf lang

Category:  
Männer M55

Total time: 51:33

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

Rank in course/Total: 84 (of 199)

Rank in course/Men: 76 (of 160)

Best time in course: 35:07

Rank in category: 6(of 13)

Best time in the category: 43:33