



8. Trefffurter Stadtlauf
Treffurt / 10.09.2011

Detailed evaluation

Heise, Ralf

Club: sc impuls erfurt
Number: 3024

Course: 10.60 km
Geländelauf lang

Category:
Männer M35

Total time: 51:38

Speed: 11.62 km/h
Running performance: 4:52 min/km

Rank in course/Total: 86 (of 199)

Rank in course/Men: 79 (of 160)

Best time in course: 35:07

Rank in category: 7(of 9)

Best time in the category: 42:43