



8. Trefffurter Stadtlauf  
Treffurt / 10.09.2011

Detailed evaluation

Helbing, Heiko

Club: Jena

Number: 3068

Course: 10.60 km

Geländelauf lang

Category:

Männer M40

Total time: 52:03

Speed: 12.22 km/h

Running performance: 4:55 min/km

Rank in course/Total: 88 (of 199)

Rank in course/Men: 81 (of 160)

Best time in course: 35:07

Rank in category: 17(of 25)

Best time in the category: 40:22