



8. Trefffurter Stadtlauf  
Treffurt / 10.09.2011

Detailed evaluation

**Sennhenn, Uwe**

Club: Frieda  
Number: 3137

Course: 10.60 km  
Geländelauf lang

Category:  
Männer M40

Total time: 52:30

Speed: 12.11 km/h  
Running performance: 4:57 min/km

Rank in course/Total: 90 (of 199)

Rank in course/Men: 83 (of 160)

Best time in course: 35:07

Rank in category: 18(of 25)

Best time in the category: 40:22