



8. Trefffurter Stadtlauf  
Treffurt / 10.09.2011

Detailed evaluation

Nothnagel, Uwe

Club: Fitness Oase Ohrdruf  
Number: 3201

Course: 10.60 km  
Geländelauf lang

Category:  
Männer M40

Total time: 53:42

Speed: 11.84 km/h  
Running performance: 5:04 min/km

Rank in course/Total: 96 (of 199)

Rank in course/Men: 88 (of 160)

Best time in course: 35:07

Rank in category: 20(of 25)

Best time in the category: 40:22