



8. Trefffurter Stadtlauf  
Treffurt / 10.09.2011

Detailed evaluation

Dunkel, Frank

Club: SV Normania Treffurt  
Number: 3073

Course: 10.60 km  
Geländelauf lang

Category:  
Männer M45

Total time: 54:03

Speed: 11.10 km/h  
Running performance: 5:06 min/km

Rank in course/Total: 97 (of 199)

Rank in course/Men: 89 (of 160)

Best time in course: 35:07

Rank in category: 21(of 36)

Best time in the category: 39:43