



8. Trefffurter Stadtlauf  
Treffurt / 10.09.2011

Detailed evaluation

Stukowski, Manfred

Club: Mühlhausen  
Number: 3022

Course: 10.60 km  
Geländelauf lang

Category:  
Männer M50

Total time: 54:38

Speed: 10.98 km/h  
Running performance: 5:09 min/km

Rank in course/Total: 103 (of 199)

Rank in course/Men: 94 (of 160)

Best time in course: 35:07

Rank in category: 7(of 15)

Best time in the category: 43:21