



8. Trefffurter Stadtlauf
Treffurt / 10.09.2011

Detailed evaluation

Hempel, Chrisitan

Club: Heldra
Number: 3183

Course: 10.60 km
Geländelauf lang

Category:
Männer M30

Total time: 54:42

Speed: 11.63 km/h
Running performance: 5:10 min/km

Rank in course/Total: 105 (of 199)

Rank in course/Men: 96 (of 160)

Best time in course: 35:07

Rank in category: 9(of 15)

Best time in the category: 35:50