



8. Trefffurter Stadtlauf
Treffurt / 10.09.2011

Detailed evaluation

Plötz, Heiko

Club: Mühlhausen
Number: 3003

Course: 10.60 km
Geländelauf lang

Category:
Männer M40

Total time: 55:23

Speed: 10.83 km/h
Running performance: 5:13 min/km

Rank in course/Total: 113 (of 199)

Rank in course/Men: 101 (of 160)

Best time in course: 35:07

Rank in category: 22(of 25)

Best time in the category: 40:22