



8. Trefffurter Stadtlauf  
Treffurt / 10.09.2011

Detailed evaluation

Matthes, Jan

Club: Laufftreff Breitung  
Number: 3043

Course: 10.60 km  
Geländelauf lang

Category:  
Männer M45

Total time: 55:24

Speed: 10.83 km/h  
Running performance: 5:14 min/km

Rank in course/Total: 114 (of 199)

Rank in course/Men: 102 (of 160)

Best time in course: 35:07

Rank in category: 23(of 36)

Best time in the category: 39:43