



8. Trefffurter Stadtlauf
Treffurt / 10.09.2011

Detailed evaluation

Grund, Roland

Club: Treffurt
Number: 3146

Course: 10.60 km
Geländelauf lang

Category:
Männer M45

Total time: 56:22

Speed: 11.28 km/h
Running performance: 5:19 min/km

Rank in course/Total: 122 (of 199)

Rank in course/Men: 108 (of 160)

Best time in course: 35:07

Rank in category: 24(of 36)

Best time in the category: 39:43