



8. Trefffurter Stadtlauf
Treffurt / 10.09.2011

Detailed evaluation

Wahl, Immo

Club: Sportfreund thüringer wald
Number: 3194

Course: 10.60 km
Geländelauf lang

Category:
Männer M30

Total time: 56:39

Speed: 10.59 km/h
Running performance: 5:20 min/km

Rank in course/Total: 123 (of 199)

Rank in course/Men: 109 (of 160)

Best time in course: 35:07

Rank in category: 11(of 15)

Best time in the category: 35:50