



8. Trefffurter Stadtlauf
Treffurt / 10.09.2011

Detailed evaluation

Denke, Lutz

Club: Erfurt
Number: 3028

Course: 10.60 km
Geländelauf lang

Category:
Männer M50

Total time: 56:53

Speed: 10.55 km/h
Running performance: 5:22 min/km

Rank in course/Total: 126 (of 199)

Rank in course/Men: 112 (of 160)

Best time in course: 35:07

Rank in category: 10(of 15)

Best time in the category: 43:21