



8. Trefffurter Stadtlauf
Treffurt / 10.09.2011

Detailed evaluation

Kranz, Horst

Club: Sondershausen
Number: 3190

Course: 10.60 km
Geländelauf lang

Category:
Männer M55

Total time: 57:04

Speed: 10.51 km/h
Running performance: 5:23 min/km

Rank in course/Total: 129 (of 199)

Rank in course/Men: 114 (of 160)

Best time in course: 35:07

Rank in category: 10(of 13)

Best time in the category: 43:33