



8. Trefffurter Stadtlauf
Treffurt / 10.09.2011

Detailed evaluation

Hermann, Jan

Club: Fitnesssoase Ohrdruf
Number: 3157

Course: 10.60 km
Geländelauf lang

Category:
Männer M30

Total time: 57:12

Speed: 10.49 km/h
Running performance: 5:24 min/km

Rank in course/Total: 131 (of 199)

Rank in course/Men: 116 (of 160)

Best time in course: 35:07

Rank in category: 13(of 15)

Best time in the category: 35:50