



8. Trefffurter Stadtlauf
Treffurt / 10.09.2011

Detailed evaluation

Grams, Holger

Club: Lauffreunde Gotha
Number: 3080

Course: 10.60 km
Geländelauf lang

Category:
Männer M50

Total time: 57:16

Speed: 11.11 km/h
Running performance: 5:24 min/km

Rank in course/Total: 132 (of 199)

Rank in course/Men: 117 (of 160)

Best time in course: 35:07

Rank in category: 11(of 15)

Best time in the category: 43:21