



8. Trefffurter Stadtlauf
Treffurt / 10.09.2011

Detailed evaluation

Quast, Holger

Club: Mühlhausen
Number: 3063

Course: 10.60 km
Geländelauf lang

Category:
Männer M35

Total time: 57:52

Speed: 10.37 km/h
Running performance: 5:28 min/km

Rank in course/Total: 137 (of 199)

Rank in course/Men: 121 (of 160)

Best time in course: 35:07

Rank in category: 8(of 9)

Best time in the category: 42:43