



8. Trefffurter Stadtlauf

Treffurt / 10.09.2011

Detailed evaluation

Knoll, Michael

Club: LG Bad Frankenhausen / Göllingen

Number: 3169

Course: 10.60 km

Geländelauf lang

Category:

Männer M45

Total time: 58:23

Speed: 10.28 km/h

Running performance: 5:31 min/km

Rank in course/Total: 141 (of 199)

Rank in course/Men: 124 (of 160)

Best time in course: 35:07

Rank in category: 27(of 36)

Best time in the category: 39:43