



8. Trefffurter Stadtlauf

Treffurt / 10.09.2011

Detailed evaluation

Bornkessel, Andreas

Club: SV Normannia Treffurt

Number: 3168

Course: 10.60 km

Geländelauf lang

Category:

Männer M30

Total time: 58:42

Speed: 10.22 km/h

Running performance: 5:32 min/km

Rank in course/Total: 148 (of 199)

Rank in course/Men: 128 (of 160)

Best time in course: 35:07

Rank in category: 14(of 15)

Best time in the category: 35:50