



8. Trefffurter Stadtlauf  
Treffurt / 10.09.2011

Detailed evaluation

Haferanke, Manfred

Club: Lauffreunde Gotha  
Number: 3093

Course: 10.60 km  
Geländelauf lang

Category:  
Männer M60

Total time: 59:28

Speed: 10.09 km/h  
Running performance: 5:37 min/km

Rank in course/Total: 153 (of 199)

Rank in course/Men: 133 (of 160)

Best time in course: 35:07

Rank in category: 8(of 13)

Best time in the category: 42:49