



## 8. Trefffurter Stadtlauf

Treffurt / 10.09.2011

### Detailed evaluation

**Sömmer, Fred**

Club: BSG Wartburg-Sparkasse

Number: 3071

Course: 10.60 km

Geländelauf lang

Category:

Männer M45

Total time: 59:44

Speed: 10.04 km/h

Running performance: 5:38 min/km

Rank in course/Total: 155 (of 199)

Rank in course/Men: 135 (of 160)

Best time in course: 35:07

Rank in category: 29(of 36)

Best time in the category: 39:43