



8. Trefffurter Stadtlauf
Treffurt / 10.09.2011

Detailed evaluation

Henkel, Uwe

Club: SV Thuringia Königsee
Number: 3090

Course: 10.60 km
Geländelauf lang

Category:
Männer M55

Total time: 1:00:12

Speed: 10.56 km/h
Running performance: 5:41 min/km

Rank in course/Total: 156 (of 199)

Rank in course/Men: 136 (of 160)

Best time in course: 35:07

Rank in category: 12(of 13)

Best time in the category: 43:33