



8. Trefffurter Stadtlauf  
Treffurt / 10.09.2011

Detailed evaluation

Ludwig, Frank

Club: Team Deura-Haus  
Number: 3209

Course: 10.60 km  
Geländelauf lang

Category:  
Männer M45

Total time: 1:01:10

Speed: 10.40 km/h  
Running performance: 5:46 min/km

Rank in course/Total: 162 (of 199)

Rank in course/Men: 138 (of 160)

Best time in course: 35:07

Rank in category: 30(of 36)

Best time in the category: 39:43