



8. Trefffurter Stadtlauf
Treffurt / 10.09.2011

Detailed evaluation

Lingner, Markus

Club: Ifta

Number: 3140

Course: 10.60 km

Geländelauf lang

Category:

Männer M20

Total time: 1:02:10

Speed: 9.65 km/h

Running performance: 5:52 min/km

Rank in course/Total: 164 (of 199)

Rank in course/Men: 140 (of 160)

Best time in course: 35:07

Rank in category: 19(of 19)

Best time in the category: 35:07