



8. Trefffurter Stadtlauf
Treffurt / 10.09.2011

Detailed evaluation

Nickol, Uwe

Club: RFV Mihla
Number: 3155

Course: 10.60 km
Geländelauf lang

Category:
Männer M45

Total time: 1:02:36

Speed: 9.58 km/h
Running performance: 5:55 min/km

Rank in course/Total: 166 (of 199)

Rank in course/Men: 142 (of 160)

Best time in course: 35:07

Rank in category: 32(of 36)

Best time in the category: 39:43