



## 8. Trefffurter Stadtlauf

Treffurt / 10.09.2011

### Detailed evaluation

Zscharnt, Holger

Club: DAV Inselberg

Number: 3015

Course: 10.60 km

Geländelauf lang

Category:

Männer M40

Total time: 1:03:19

Speed: 9.48 km/h

Running performance: 5:58 min/km

Rank in course/Total: 173 (of 199)

Rank in course/Men: 146 (of 160)

Best time in course: 35:07

Rank in category: 25(of 25)

Best time in the category: 40:22