



8. Trefffurter Stadtlauf  
Treffurt / 10.09.2011

Detailed evaluation

Cron, Holger

Club: SV Normania Treffurt  
Number: 3060

Course: 10.60 km  
Geländelauf lang

Category:  
Männer M30

Total time: 1:03:59

Speed: 9.38 km/h  
Running performance: 6:02 min/km

Rank in course/Total: 176 (of 199)

Rank in course/Men: 149 (of 160)

Best time in course: 35:07

Rank in category: 15(of 15)

Best time in the category: 35:50