



8. Trefffurter Stadtlauf
Treffurt / 10.09.2011

Detailed evaluation

Stephan, Michael

Club: FSV 1986 Bad Langensalza
Number: 3034

Course: 10.60 km
Geländelauf lang

Category:
Männer M45

Total time: 1:05:19

Speed: 9.19 km/h
Running performance: 6:10 min/km

Rank in course/Total: 179 (of 199)

Rank in course/Men: 152 (of 160)

Best time in course: 35:07

Rank in category: 35(of 36)

Best time in the category: 39:43