



8. Trefffurter Stadtlauf  
Treffurt / 10.09.2011

Detailed evaluation

Heise, Reiner

Club: sc impuls erfurt  
Number: 3095

Course: 10.60 km  
Geländelauf lang

Category:  
Männer M60

Total time: 1:08:36

Speed: 8.75 km/h  
Running performance: 6:28 min/km

Rank in course/Total: 190 (of 199)

Rank in course/Men: 157 (of 160)

Best time in course: 35:07

Rank in category: 13(of 13)

Best time in the category: 42:49