



8. Trefffurter Stadtlauf  
Treffurt / 10.09.2011

Detailed evaluation

Grimm, Holger

Club: SV Normania Treffurt  
Number: 2704

Course: 5.00 km  
Geländelauf kurz

Category:  
Männer M40

Total time: 23:50

Speed: 12.59 km/h  
Running performance: 4:46 min/km

Rank in course/Total: 13 (of 103)

Rank in course/Men: 11 (of 58)

Best time in course: 19:20

Rank in category: 1(of 2)

Best time in the category: 23:50