



7. Trefffurter Stadtlauf  
Treffurt / 11.09.2010

Detailed evaluation

Koch, Markus

Club: TV1848 Coburg  
Number: 1248

Course: 10.60 km  
Geländelauf lang

Category:  
Männer M20

Total time: 35:15

Speed: 17.02 km/h  
Running performance: 3:20 min/km

Rank in course/Total: 3 (of 163)

Rank in course/Men: 3 (of 136)

Best time in course: 35:03

Rank in category: 3(of 16)

Best time in the category: 35:03