



7. Trefffurter Stadtlauf  
Treffurt / 11.09.2010

Detailed evaluation

Heinz, Kristian

Club: Sportgymnasium Oberhof  
Number: 2311

Course: 10.60 km  
Geländelauf lang

Category:  
männliche Jugend A

Total time: 37:19

Speed: 17.04 km/h  
Running performance: 3:31 min/km

Rank in course/Total: 8 (of 163)

Rank in course/Men: 8 (of 136)

Best time in course: 35:03

Rank in category: 3(of 5)

Best time in the category: 35:30